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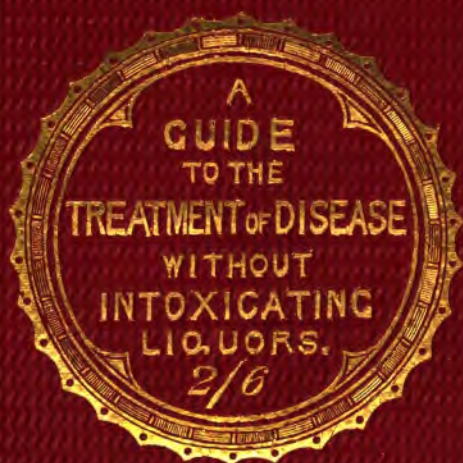
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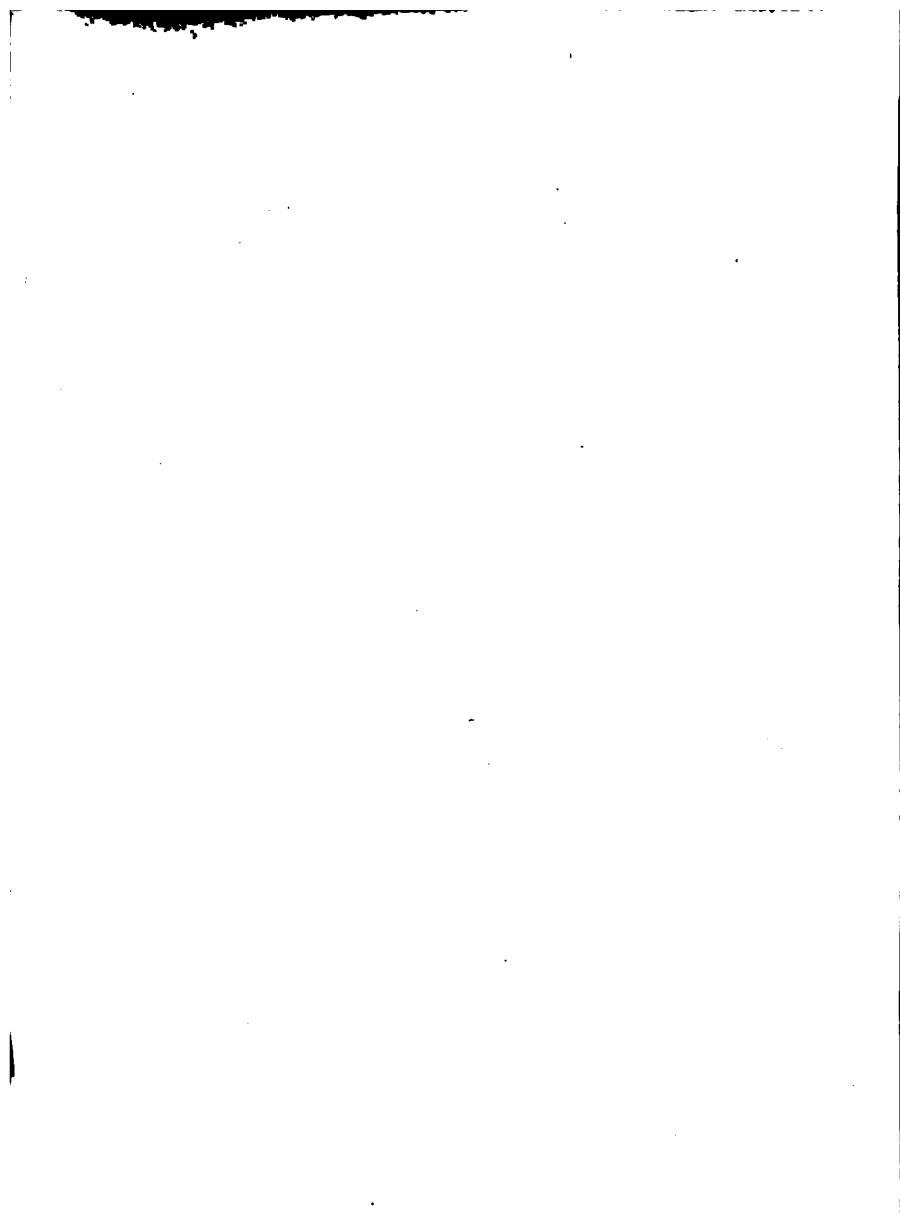
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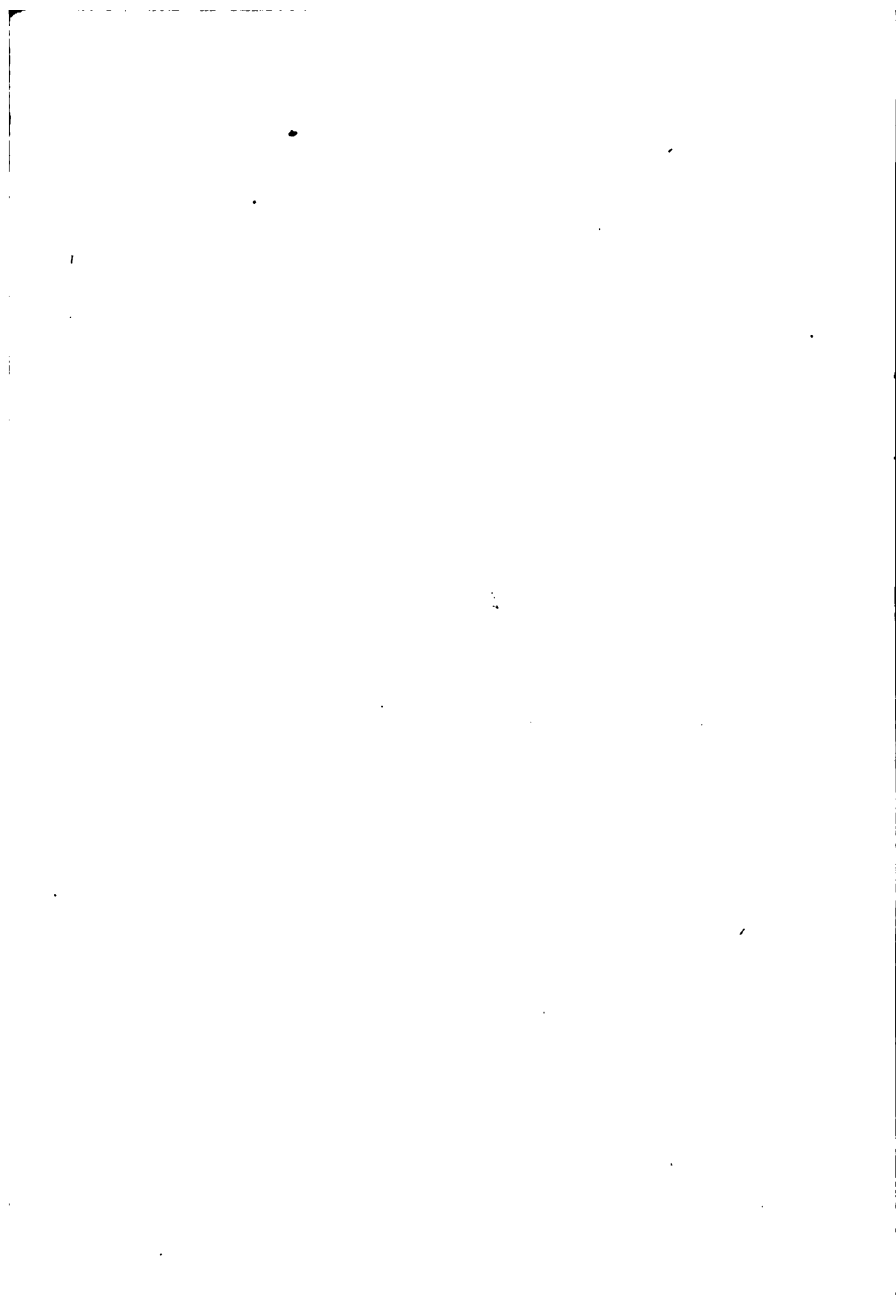
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A GUIDE
TO THE
TREATMENT OF DISEASE
WITHOUT ALCOHOLIC LIQUORS.



A GUIDE .
TO THE
TREATMENT OF DISEASE
WITHOUT ALCOHOLIC LIQUORS:

BY
HENRY MUDGE, M.R.C.S. LOND: &c.

*"By me [WISDOM] thy days shall be multiplied, and the years
of thy life shall be increased."*

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Or free by post direct from the Author, Bodmin.

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INTRODUCTION.

I HAVE been looked to and solicited, for some time past, to publish directions how to treat various ailments without having recourse to alcoholic liquors. The thought has been ever in my mind that sundry manuals for guidance in the ills which flesh is heir to, are already in existence, and I have shrunk from adding another to the list.

Of late, however, I have been looking afresh through some of the most popular and professional, and I confess that in this review I have been struck, as I never was before, with the unnecessary, flippant, and mischievous frequency, with which their respective authors (without an exception worthy of note,) recommend the use of alcoholic drinks.

When this impression made by books is added to impressions derived from travel and personal observation, the result is a strong conviction that the general public are injured and teetotalers victimized by the hundred, and that therefore some further assistance is certainly required to deliver the sufferers from the injuries inflicted by the unholy alliance at present existing between alcohol and physic.

I proffer my aid towards this necessary, but possibly ungracious, and certainly difficult work.

The pioneers of a new and distasteful doctrine always labor under the disadvantage of the enemy having possession of the field. *Experience* is the pole star in the art and science of medicine, and experience is hard to be got, when, for various reasons, practitioners refuse to try.

I may be permitted to recite, in few words, how the case has been with myself.

I became deeply impressed (through some cases that happened in the early part of my professional life,) with the awful character and extent of drunkenness, and desired the diminution, and, if possible, the extinction of that horrible and deadly sin. I saw scores and hundreds arrested by abstinence in their downward course, but of these not a few were set moving

again, towards the abyss, by medical advice. I thought I would do with as little as possible of alcoholic stimulants in the form of drink, and was thus led to try cautiously to do without them in cases in which before they had been administered.

The result of the trials was very decidedly in favor of abstinence ; and consequently alcoholic drinks have legitimately disappeared from my list of medicines.

Inquiry has naturally come from those, who, like myself, felt interested in the suppression of intemperance, as to how accidents and diseases have been successfully treated since the discontinuance of these drinks. To this inquiry the following pages are my answer.

The medical profession, beset with special as well as common hindrances in attempts to banish alcoholics, will be slow to be won. The greatest difficulty is their refusal to *try* to do without the usual stimulant. Yet, as a revolution in regard to some other drugs has taken place, we must not despair of seeing the administration of alcohol successfully resisted. Mercury affords an illustration : the great John Hunter held it to be *indispensable* in certain cases (described by him) ; and lamentable were the effects of the consequent loathsome salivations. We know better now, and such salivations are rare indeed. A like revolution in regard to blood-letting has past over the profession in the last quarter of a century.

Through long use, through adaptation to temperament, or through a variety of associations (etiquette, conviviality, &c.), spirituous drinks are become the eye, hand, and foot of, alas ! too many. *Of course* it is painful to cut them off, and seems unnecessary to cast them away. Yet the good work progresses, and multitudes of all ages and both sexes are entering into life this way.

A bad habit acquired is a wrong road gone over. To get into the right road, the steps must be retraced, and this is tedious. Or to drop metaphor, no one can alter a confirmed habit without suffering inconvenience. But this suffering is merely in the *feelings*, and it is mercifully ordered that it shall grow less as time passes. The end of it therefore may be fairly calculated on, and the penalty should be paid cheerfully, seeing it to be the price of liberty and good regained.

To break off the habit of alcohol-drinking requires fortitude ; and it makes against the drinker that fortitude is most easily

overcome by the drug itself. There is no difference in the drug's power whether taken with or without medical advice.

The majority of medical practitioners seem to be of opinion that there is in every man an ability to take so much alcohol and no more. Herein they err, forgetting that one of the most powerful and peculiar properties of the drug is to bring the drinker to "seek it yet again."

I advise all my readers to regard alcohol as the seed of drunkenness and disease, and to confide in the truth of the words, "Whatsoever a man soweth, that shall [must] he also reap. Whoso soweth to the flesh shall [must] of the flesh reap corruption."

On this principle the failure of all merely *regulating* measures can be fairly accounted for; whether they are the laws of a whole country, or the disciplinary regulations of an army or a navy, or the rules and arrangements of private life. Sow the alcoholic seed in the stomach, blood, and brains of men, and a crop of drunkards and other diseased ones is sure to follow. The omnipotent Ruler has inseparably linked the two; and history proclaims all efforts of the creature to disconnect them to be vain.

It will be necessary that the friends of temperance (true temperance always includes teetotalism) have confidence in themselves and in the abstinent plan. They will meet with no small prejudice amongst medical practitioners, as the following will show.

When the Cholera was raging at Mevagissey, I visited the town; and at the close of a day of mournful mortality met the three gentlemen who were there visiting the patients. I urged, as matters were so bad and as the brandy treatment was in the ascendant, that a different treatment should be *tried*. Abandon the spirits and administer salines, as recommended by Dr. Stevens. I was not yielded to for a moment, and one of the surgeons went so far as to declare, that if he suffered a patient to die in collapse without giving him brandy, he should think he had murdered him! This, Mr. Higginbottom informs me, was the feeling about his treating Typhus without port wine. If a patient had died, he and his son would have had the credit of killing him!

Last year, (1862) low fever, principally Typhoid, was epidemic at Rotherham, in Yorkshire. Newspapers containing an account of the outbreak and progress of the disease were

sent to me. I wrote, and the editor published, some hints for a non-alcoholic treatment. How were they received? A leading practitioner there laughed at them, and declared brandy to be his sheet-anchor, and went so low as to attempt a vulgar pun about my name, and that too over a heap of a hundred and twenty-six dead bodies!

It must not be forgotten that the hospitals where students receive their education, are very unlikely schools at which to learn lessons favorable to teetotalism. Doctors, nurses, and patients all drink; so much the worse for them, and for the general public too; whom, through the students, they are destined to inoculate.

A valued friend wishes me to direct attention here, most emphatically, to the extremely erroneous and over-done estimate of the value of alcohol as a medicine, entertained both by the public and the faculty; and the extremely loose manner in which it is recommended. Given under circumstances the most directly opposite—and neither the quantity, the quality, the frequency, nor the duration prescribed with precision, but all left to the patient and his friends; who first of all obtain the article at some tavern or gin shop, the doctor not knowing but that his patient may be taking a vile mixture of logwood, alum, and sugar of lead, or of grains of paradise, cocculus indicus, tobacco, or strychnine. Then too the quantity—"a little wine"—"a little bitter beer or porter;" or in some cases, more reckless still, the order is, Drink as much ale, or wine, or gin, as you can comfortably carry; a doctor's licence for the grossest intemperance, leading to such cases as the one which a widow lady related of her own husband. He was in the last stage of consumption—a doctor of great renown was consulted, who gave him an *ad libitum* order to drink gin. The result was that the man was drinking gin all day, would get out of bed to help himself, drank a pint a day, besides other liquors, for six weeks, and became raving mad.

Then as to duration. Having once commenced by the doctor's order, many people drink the fascinating medicine for the remainder of their lives, thus keeping up chronic irritation and debility, becoming confirmed invalids, attributing to the disease the mischievous effects of the supposed remedy, and vainly fancying that they owe the protraction of their lives, and the measure of health they do enjoy, to the very thing that stands in the way of their complete recovery; and whose

continued use, in doses far short of even incipient *drunkenness*, predisposes for sundry forms of disease, aggravates existing diseases, and actually occasions specific diseases of several organs of the body, which are not known to be produced by any other means whatever.

A few words as to the plan of the following work may not be out of place here.

As I have followed the *alphabetical* order, when a subject is wanted it must be turned to as in a dictionary.

Prescriptions are written in plain English, and the technical names of some of the diseases are given between brackets [].

It is recommended to get the medicines at a *respectable* druggist's, as many of the drugs and preparations are liable to be adulterated, or of inferior quality.

The book, it seems almost superfluous to say, is not intended for those who repudiate altogether the treatment of disease by drugs. This is not the place to pass an opinion on the merits of conflicting systems. My aim simply is to instruct and assist those who exorcise the evil spirit of wine, that their efforts may be the sooner and easier crowned with success.

As the evil contended against is wide-spread, let me bespeak of friends their kind co-operation in making known the remedy through the circulation of

THIS BOOK.

. It must be perfectly understood that the quantities spoken of as table-spoonful, tea-spoonful, drops, &c., are to be measured by a graduated glass measure, which can be procured of any druggist for a few pence.

GUIDE TO THE TREATMENT OF DISEASE

WITHOUT ALCOHOLIC LIQUORS.

ABSCESS.—A collection of matter (pus) in any part of the body. Varying in size from the small pustule to the immense psoas abscess. *Pus* is the consequence of inflammation, which causes an exudation of coagulable *lymph* amongst the inflamed solids. When the inflammation is severe, and attended with the decomposition of the solid parts, the lymph further degenerates, and forms Pus (which see).

This matter is rich in albumen and some other important constituents of the blood. It is easy therefore to understand how a large drain of it must be weakening. The almost invariable rule of medical advisers is to prescribe intoxicating drinks for its alleviation. As these drinks contain no appreciable quantity of albuminous material, they are not suited to meet the exigencies of an albuminous drain. This can only be done by appropriate and digested food.

An abscess before it has burst is best treated with fomentations and poultices of linseed meal, or of bread. (*See POULTICE.*)

After the matter is discharged, any mild cerate may be applied to the orifice, and, where practicable, slight pressure by means of a bandage should be used to approximate and keep the walls in contact; the whole diseased part being covered with a piece of spongopiline, wrung out of warm water, put on wet, and renewed as often as it dries.

Abscesses often require to be opened; but as few persons are qualified to perform the operation, the aid of a surgeon had better be invited.

The treatment required is sometimes constitutional as well as local, and here alcoholic stimulants are much in vogue. They are, however, unnecessary.

Ten grains of *Compound Rhubarb Pill* once or twice a week; and a dose three times a day, consisting of 1½ oz. of *Decoction of Peruvian Bark*, with 15 drops of *Dilute Nitro-Muriatic Acid* in each dose, will assist nature and promote recovery.

In *Scrofulous Abscesses*, always slow affairs, a good application is the *Ointment of Nitrate of Quicksilver*; and the constitution may be benefited by taking $\frac{1}{2}$ oz. of the *Compound Mixture of Iron* three times a day, directly after meals. These abscesses are also benefited by *Cod Liver Oil* and the *Iodide of Iron*. One or two teaspoonfuls of the syrup of the Iodide of Iron in a little water, should be taken three times a day.

A mixed diet of fresh meat, fresh vegetables, and ripe fruit, with attention to air and exercise [*see AIR and EXERCISE*], complete the necessary directions for a proper medical and dietetic management of these painful, and by no means unimportant, ailments, both common and scrofulous abscesses. A few words may be added on a surgical point, and illustrated with cases.

I. A. B., miner, aged 32, suffering from abscess near the hip. The matter had burrowed in sundry directions in the thigh, and found several outlets not far above the knee. In order to relieve the thigh of the sinuses, a metallic bougie was passed into one of the openings, and upwards as far as the hip-joint. Underneath and across the bougie was then passed a skein of silk, and left there as a seton. The thigh freed from the discharge, which now escaped at the seton, soon got better, and the patient greatly improved, giving hopes of recovery. I lost sight of the case soon after; it is therefore only valuable so far as to show that alcoholics are not necessary to secure *improvement*.

II. C. D., a stone mason, *æt.* 25, matter formed at the 8th and 9th ribs, and found its way to the groin. An immense drain was the consequence. After the acute symptoms had subsided, I used to pass up an elastic tube occasionally, and wash out the abscess with a half-pint injection containing 60 grains of *Sulphate of Zinc*.

The principal *medical* treatment employed was the regular exhibition of aperients. He recovered, and returned to work.

III. E. F., labourer, *æt.* 30, came under notice as a pauper. Abscess under the shoulder-blade had opened near the spine. The probe passed freely for several inches. As this man had been a hard drinker, I contented myself with insisting on strict abstinence from alcoholics and a nutritious diet, with regular hours. He so far improved as to return in a few weeks to his work. Becoming independent of me, he applied to another surgeon, who put him to drink

again. He grew worse and died, after about three months of his return to alcohol.

IV. G. H., a boy, *æt.* 4, was seized with inflammation at the hip joint. Matter formed; the surgeon opened it. Disease progressed, and the usual consequence of shortening of the leg took place. During this time matter also formed at the angle on one side of the lower jaw. Fever ran high for weeks, and the little sufferer was delirious. The surgeon again let out the pus. His gum on one side fretted away, the teeth fell out, and one half of the inferior jawbone (from the condyle to the symphysis) exfoliated. The case lasted for two years, and the mother describing it said, "He lost gallons of matter." The treatment consisted, *locally*, of fomentations, poultices, and other water dressings; *generally*, of nutritious diet, an occasional aperient of senna, and now and then a period of cod liver oil; but alcoholic liquors were never prescribed. Recovery was complete, except, of course, shortening of the leg and slight distortion of the mouth. I was concerned with this case from first to last. (See BURNS, PUS, and ULCERS.)

AGE.—The constitution of man greatly varies at different periods of his life. It is not our intention to trace here these variations at length, but simply to offer a few remarks on *Old Age*, leaving *Infancy* for a separate notice.

Old Age may be said to commence in man at 60, in woman at 55. The diseases incident after this period are rather those which are attended with some morbid *deposit*. Gout, gravel, rheumatism, palsy, and cancer may be cited in illustration; no one of which can be benefited by alcoholic stimulants.

The food of the aged should be of the kinds easiest of digestion, thoroughly cooked, and well cut up or minced. The meals not too long between, four a day.

Their clothing should be woollen, and the healthy condition of the skin promoted by frequent sponging with warm water, and dry rubbing after.

There is a saying, "Wine is old man's milk." This is truth reversed. "*Milk is old man's wine*," is the correct rendering. Milk, the proper food of the first childhood, is suitable again in man's second childhood.

There is hardly another passage in Professor Miller's "*Alcohol, its Place and Power*," so beautiful as that in which he treats of *Old Age*,

as to both body and mind, winding it up with an ardent protest against abusing the old man through drink, "his weak frame shaken and strained under forced potations, and his mind lapsed into a maundering state little short of inebriety."

An excuse for the aged taking alcoholic drink, which is not yet exploded, is that they are used to it, and cannot change their habit without danger. It needs no very extended observation of teetotalers to settle this point. Aged people by the hundred, of both sexes, have *suddenly* abandoned these liquors, and not only without inconvenience, but with marked benefit!

An aged friend is a night light burning slowly but clearly and cheerily. Drop on to it a little spirit of wine; it will sputter, flare up, and go out!

Man should go out of life as unconsciously as he comes into it.

The average duration of life in England is 38 years. There must be much amiss thus to reduce the allotted threescore years and ten. Many things are amiss; and among the chief is the dietary and medicinal use of intoxicating drinks.

AGUE.—Intermittent fever occasioned solely by marsh miasma; consequently most prevalent in the flats of Cambridge, Essex, Kent, Lincoln, Norfolk, and Somerset. Many zealous teetotalers reside in those districts, for whose sake we insert the caution not to take fermented or distilled liquors as part of their diet in health. The reduction of life-power consequent on slow alcoholic impregnation of the system predisposes to attacks of ague. The remedies are *Quinine*, made into a mass with treacle, to be divided into pills, each containing two or three grains of the quinine, one to be taken three times a day: or, if preferred in solution, take *Quinine* 16 grains, *Diluted Sulphuric Acid* 1 drachm, *Syrup of Orange Peel* $\frac{1}{2}$ oz., Water to make 8 oz., of which take two tablespoonfuls three times daily; or *Quinine* 3 grains, *Infusion of Roses* 10 drachms, *Syrup of Orange Peel* 2 drachms, for a draught to be taken every three hours of the intermission.

An emetic of mustard, with heat applied by means of bran or bottles of water, will sometimes cut short the fit.

Quinine should always be prepared for, by having an aperient given before it is begun. Next, *Arsenic* is worth a trial. This is the basis of the tasteless ague drop. The most reliable preparations are Fowler's Solution (the *Liquor of Arsenite of Potass* of the

Pharmacopœia); and Arsenite of Iron. It would be well not to take either of these except under medical observation. Ardent spirits in the cold stage, and the common addition of port wine to the Quinine, are altogether unnecessary, and often injurious. If the disease be obstinate, some decoction of Peruvian Bark should be taken daily during and after the use of other drugs.

AIR, common.—A mixture of Nitrogen 77 and Oxygen 23 parts, by weight. The air which makes up the bulk of the *Atmosphere* contains also Vapor of Water, Carbonic Acid, Ammonia, Nitric Acid, and exhalations, as Sulphur, Phosphorus, Hydrogen, &c., from various sources.

The surface of the human body containing 2,000 square inches, and each inch having to sustain 15 lbs., the whole body will be pressed by, of course, a weight of nigh 14 tons. This pressure being in all directions is not sensibly felt.

The importance of having pure air to breathe and to live in, cannot be over estimated.

Many an ailment, for which alcoholics have been ignorantly taken, will yield at once to the proper ventilation of rooms, and sufficient out-door exercise.

Respiration is the most common cause of vitiated air, inasmuch as the breathing process substitutes carbonic acid for oxygen.

Man vitiates 216 cubic feet of air every hour; a room, therefore, 8 feet high and 10 feet square would not last him quite four hours. Yet how often in a room less than this does he shut up, for a whole night of 8 or 9 hours, himself, his wife, and a child or two. If the room were air-tight, they would all be dead by the morning; but fresh air struggles through the crevices to their relief, and so they are not dead, but rise heavy and unrefreshed—partially dead.

Keep open the chimney, put a pane or two of perforated zinc in the window, and, if you can properly, leave the door a little open. Don't keep living plants in your bed room.

Invalids cannot well bear air *both* cold and moist, and must take their exercise accordingly by high day. It will be beneficial for all to breathe fresh air, *if it be only for a few minutes*, before they take food in the morning. The blood being thus better aerated, the gastric and other juices secreted from it will be of better quality, and improved digestion will promote an improved condition

of the general health. Though exercise before food must not go on to fatigue.

It seems superfluous to say ; live far away from open drains, cesspools, sewers, and such like ; or the exhalations from them will undermine your own and more especially your children's health. Don't for one moment believe that you can counteract the ill effects of such pestiferous, though unseen, vapors by having recourse to any kind or quantity of intoxicating drink, or to tobacco.

Disinfectants too are liable to abuse, sometimes merely concealing what ought to be dispersed. And *chlorine*, the basis of them, is injurious to health if long breathed.

ALCOHOL.—A colourless liquid of pungent taste, and not disagreeable odour, lighter than water in proportion of 796 to 1000, boils at the low temperature of 174°, and burns rapidly without smoke and with a pale blue flame. It has never been known to freeze. Alcohol is entirely the result of art ; not a drop of it having been found in either kingdom of nature. Because of its early pleasurable but ultimately destructive properties ; it is (if drank) one of man's deadliest foes.

The mode of its production is by the fermentation of sugar. The sweet solid is destroyed, and the fiery liquid remains in its stead. This is the way it comes to be in beer, cider, wine, and such like ; and has not been first prepared and then put into these, (as some ignorantly imagine) to make them intoxicating, unless indeed, as in foreign wines, distilled spirit is added to increase their strength.

Alcohol is separated by distillation from the substances with which, after fermentation, it is still mixed, and is further purified by rectification.

It is against alcohol that *teetotalism* wars, declaring that the healthy never need it, and the sick very seldom, if ever. Of course the controversy is keen, but as time rolls on truth is declaring on the side of abstinence.

In medicine it is, in certain limited doses, a stimulant to the nervous system. In any case where the medical attendant conscientiously believes it to be necessary, he can mix and send it, as he does other drugs, from the dispensary. Thus he can regulate the strength of the stimulant, and the time of continuing its use, which two important things he cannot do if he recommends it in

the form of common drinks; as he knows not accurately either *their* alcoholic strength, or *their* freedom from adulteration. The London Pharmacopœia gives directions for the preparation of no less than 48 (alcoholic) tinctures. Any invalid therefore to whom a doctor recommends intoxicating *drink* in the ordinary loose way, may be quite sure that he is either ignorantly or selfishly exposed to an unnecessary risk, seeing that the doctor's own directory supplies recipes independent of the brewer.

The quantity of pure alcohol (which is double the strength of brandy) consumed in the United Kingdom, is computed to be six quarts a year for each head of the population—man, woman, and child!

It will be interesting to add here a very brief account of the chemical and medical views of modern date.

The theory of Liebig (supported by Bouchardat, Sandras, and Duchek) was, that alcohol finding (very soon after being drank) its way into the blood; passed, principally in the blood, through several oxydising stages, until it was changed into Carbonic Acid and Water, which were exhaled. The stages would present 1st, Alcohol; 2nd, Aldehyde; 3rd, Acetic Acid; and 4th, Carbonic Acid and Water.

This theory, plausible and calculated to explain many of the effects of alcohol, was generally received as true; and according to it alcohol came to be regarded as a nonazotized *aliment*, and for this reason was reckoned very valuable.

Unfortunately, this erroneous view has got incorporated with nearly all our popular literature. Its plausibility is, however, equalled by its danger.

Professional countenance has also been extended to it; and the following, now proved to be erroneous, is the view of the late Dr. Todd.

1. Alcohol acts at first on the nervous system, for which it has great affinity.

2. It acts in two ways, (1) *beneficially*, when it increases nervous power, and there is then no smell of it in the breath, (in other words it is being decomposed, and is not escaping in the breath): or (2) it acts *injuriously*, when it impairs or destroys the nutrition of nerve matter, and in this case it is smelt in the breath.

3. Its excitement is not followed by depression, unless the dose

is too large ; and then it acts by deranging the digestive functions.

4. In no dose does it *inflamm*e lungs, heart, liver, or brain ; though it *poisons* the nerve-cell or nerve-fibre.

5. It reduces the pulse by strengthening the heart's action. It serves for fuel to sustain animal heat, and so prevents oxydation (waste) of the tissues.

6. It is, unlike oil, absorbed into the blood *without digestion*.

7. It should be given in doses from 2 drachms to 2 ounces regularly as food, and with the same intention.

8. It calms the nervous system and averts delirium, as well as supplies the most assimilable material for combustion.

The foundation of this theory and practice has been cut away. Dr. Edward Smith says truly enough : " In reference to all his inferences from the supposed transformation of alcohol in the system, they are of no value, if it be shown that this transformation does not occur ; but that alcohol, after remaining in the system for a time and disturbing its action, is ejected still as alcohol."

That such an ejection of alcohol from the system does in reality take place, seems to be established by the most recent of all inquiries into its mode of action ; viz., that of Lallemand, Perrin, and Duroy, a few of whose conclusions are as follows :—

1st. Alcohol is not an aliment.

2nd. It is a special modifier of the nervous system.

3rd. It is neither transformed nor destroyed in the living body, but eliminated as alcohol by the lungs, skin, and, beyond all, the kidneys.

4th. It accumulates by elective affinity in the brain and liver.

5th. It exerts an evil influence on the functions and structure of the brain, liver, and kidneys.

The above is, we hope, an intelligible, though very condensed statement of this momentous controversy. The experiments of the French physicians have been (in substance) shown before the *Society of Arts*, in London, by Dr. Edward Smith, whose lecture will be found in the *Society's Journal* for January 18, 1861.

It only remains to be added here, in order to be deeply impressed on the memory, that alcohol is always and under all circumstances *a poison*. In large doses it kills instantaneously. In small doses long continued it leads as surely to premature death. Sundry diseases are produced by a free use of it, and diseases of a similar kind are

slowly, it may be imperceptibly, induced by indulgence in more limited quantities. Many a one is killed by alcohol who was never drunk in his life.

The *legal* strength of *proof spirit* is 0.920 at 60° of Fahrenheit. The strength is measured by Sikes's hydrometer. Of course, the more water there is in the liquor the heavier it is; and the more alcohol the lighter it is.

Proof spirit consists by weight, of Alcohol 49, Water 51 (about equal parts).

ANÆMIA.—SEE BLOOD.

ANGINA PECTORIS. SPASM OF THE HEART.—A disease of a dangerous character occurring after middle age.

Intense pain, with a sense of suffocation, and even of impending death, seizes the patient as he is walking up-hill, or against the wind; or, in advanced cases, it may come on after an irregular meal, after mental excitement, or without known cause in the night. The pain is under the breast bone, shooting into the side and down the left arm, or extending to both sides and arms.

The cause does not appear to be always the same, though the most frequent deviation from healthy structure is found to be ossification of the arteries of the heart; the next frequent is diseased liver, and the least frequent simple indigestion. It occurs for the most part in persons of a gouty habit.

Alcoholic stimulants have been fled to here as a very city of refuge, and yet with no marked success. The oppressed heart wants to be eased, not goaded; the nerves to be soothed, not excited, and their action to be (so to speak) equalised. To relieve the paroxysm, give 40 grains of compound powder of Cinnamon and 10 grains of Ipecacuan, with 15 minims of Black Drop, in a wine glass of water, warm if at hand, if not, cold (for there is no time to lose); repeating every quarter of an hour while the fit lasts. Apply, too, all over the chest a piece of flannel wrung out of hot water, and dusted over with a very little mustard; or, if a speedier action be desired, apply a piece of flannel, as large as the hand, wet with common spirits of turpentine.

The preventive measures consist in the scrupulous avoidance of the exciting cause (as too great exercise, indigestible diet, irregular

hours, &c.) and attention to the general health, with an issue or seton in the left side. As this disease is mostly found in the gouty, of course the diet should not include any form of intoxicating drink, nor much animal food. The words of Dr. George Gregory are emphatic: "All practitioners agree in the benefit which is derived from using the lightest and most digestible food, with perfect abstinence from fermented and spirituous liquors. Even in the latter periods of a protracted paroxysm, when the prostration of strength appears extreme, we should hesitate in giving wine and cordials. The heart is oppressed, not weakened."

The paroxysms being sudden in their accession, as well as alarming, it is well to keep medicines at hand; thus, Battley's Liquor 1 drachm, Oils of Cajeput and of Anise each 20 drops, Camphor Julep and Mucilage of Gum Arabic each equal parts to make a 4 oz. mixture. Dose, a quarter part when in pain.

ANIMATION SUSPENDED. SEE CARBONIC ACID, AND DROWNING.

APOPLEXY.—Insensibility resulting in most cases from pressure on the brain. The pressure may be from extravasated blood, a vessel having given way; or from serum, oozed out through the coats of the vessels; or simply from a too full and dilated state of the vessels of this great organ.

If a seizure happen, keep the head erect, loose every tight thing from the head and chest, and expose freely to the air. Put the feet and legs into hot water, or if more convenient rub them with dry mustard.

The more special medical appliance will be that of purging—*Croton Oil* being put on the tongue in the absence of ability to swallow. Bleeding is hardly ever admissible, certainly not during the fit.

Though it is madness to administer spirituous stimulants in attacks of apoplexy, the delusion prevails, and serves to add to the fatality of this already fatal malady.

Should the system rally, let the sanguineous avoid the predisposing causes of gross viands and intoxicating drinks of every kind. Taking plenty of outdoor exercise, and occasionally an active dose of calomel and black draught.

On the contrary if the patient's condition be thin, pale, and weak let a table-spoonful of *Compound Mixture of Iron* be taken immediately after meals three times a day, with once or twice a week a powder containing 30 grains of Rhubarb and 20 grains of Ginger, while the liquid portion of the diet is reduced to the smallest quantity compatible with comfort.

Rupture of a blood-vessel in the brain sometimes occurs as a regular consequence of drinking alcoholic liquors habitually, though not to what is called excess. These liquors cause an excess of fat in the blood, and this fat gets mixed with the material of the blood-vessels, until their coats, thus weakened, will no longer bear the distending pressure of the circulating fluid. Then come rupture, effusion, pressure, apoplexy, death. This is the process in hundreds of cases, where the parties were never drunkards. See BRAIN, FAT, and PALSY.

ASTHMA.—Spasmodic difficulty of breathing. When the disease first invades the system, the attack generally comes on in the night. If it progresses, the attacks will come on at irregular intervals, and at any hour of the day or the night.

The distress from a sense of suffocation is very great, and relief is sought in some form of spirituous cordial, which however is of no avail.

The speediest relief to the paroxysm is found in emetics. A half grain of *Tartarised Antimony* dissolved in half a wineglassful of warm water, may be taken every fifteen minutes, until vomiting is produced. After the sickness is over, 20 drops of *Battley's Sedative Liquor of Opium*, with one teaspoonful of *Oxymel of Squills*, taken in a little water, will soothe and procure sleep.

If paroxysms of Asthma are at all frequent, the patient should smoke a pipeful of *Stramonium* whenever one threatens; or 2 or 3 drachms of pure Ether may be inhaled.

Between the attacks, benefit is often derived from taking, three times a day, a table-spoonful of the following somewhat nauseous but valuable mixture. Take of *Compound Mixture of Iron*, 8 ounces; *Pill of Squills*, 2 drachms. Rub in a mortar to dissolve the mass in the mixture.

The liver is invariably deranged in Asthma, a brisk purgative should therefore be taken every 10 or 12 days. *Calomel* 3 grains,

and *Scammony* 6 grains, made into pills, with treacle, will do for a dose.

As it is now known that Alcohol, after being drank, finds its chief way out of the system through the lungs, it becomes more manifest that these organs should never be exposed to its contaminating presence and passage.

Of course, known exciting causes, as dust, damp, impure air, &c., will have to be avoided; and the chest protected externally with a covering of Spongio Piline, put on wet every morning.

Sugar and Fat should enter but very sparingly into the diet.

Asthma, though very distressing, is not a dangerous disease. It is seldom eradicated, but the above directions carefully carried out, will secure to the sufferer a very tolerable degree of comfort.

ATROPHY. WASTING.—Some foolish parents observing this in their children, seek to correct it by wine, or by malt liquor. It is generally the result of improper feeding, the *diet* therefore has to be better attended to, and if any medicine at all is required, let it be a small teaspoonful of Cod-liver oil, or better still, Neatsfoot oil, twice a day. In old age, some degree of Atrophy is natural, and therefore healthy. See AGE, INFANCY, and TABES.

BARLEY.—The second cereal in point of nourishment; Wheat being the first. Barley is a friend whose acquaintance the Teetotaler will do well to cultivate. In times of sickness and convalescence, most helpful.

Being a hard grain, it should be softened by pouring *cold* water on it *over-night*. Of Pearl Barley thus soaked and cleaned, take 2 or 3 ounces, and boil it in four pints of water down to three, then strain. This is *Barley Water*. Of course it may be flavoured with orange or lemon peel, sugar, or salt, &c.

Barley Pudding may be made with milk, egg, and spice, in the same manner, as rice pudding, on condition that the soaking over-night has been attended to.

These preparations, as a drink and a food, are particularly valuable in cases of inflammation, and debility from any cause.

Children in whom there is a general delicacy, indicated by softness of their flesh, should always have a portion of barley in their diet.

BATH.—A powerful way of treating disease is by bathing. The *cold* bath from 60° downwards; the *warm* bath from 80° to 90°; and the *hot* bath from 95° to 112°, are all serviceable.

The first suits the young, and is bracing; it should always be taken in the forenoon, and be followed with brisk rubbing and exercise. The second suits the elderly and aged, and can be attended to at any time. The last is administered when required by sickness.

The various kinds of *Bath* brought into notice by the Hydropathists can be learnt from the many books published on their methods of treating disease.

The temperature of the water must be ascertained by the thermometer, and not be a mere matter of guess or feeling.

The *Shower Bath*, either warm or cold (as it can be borne), is helpful in debility, hypochondriasis, nervous indigestion, and convalescence. See **WATER**.

Baths are not easy of use in common domestic life; but cleanliness need not therefore be neglected. Sponging and rubbing are in reach of all.

BED.—This article would not be mentioned here, if many persons were not led, or driven, to alcoholic stimulants, through rising unrefreshed from their beds.

Their depressed feelings are caused by the ill service done to their respiration through impure air, and to their skin through unsuitable bedding.

Beds for the young should be fitted up with mattresses of hair, or of cotton. The feather-bed is allowable only for old age. The modern spring mattress is the best of all. The upper clothes should not be so thick or heavy as to be impermeable to air, and there should not be any curtains.

Thus may sleep—gentle sleep—be wooed and not frightened; and the body rise refreshed in the *early* morning.

The bedding had better be thrown abroad on rising, and suffered to remain so for hours, the window and door being both open.

A frequent change of blankets, as well as of sheets, is desirable. See **LIGHT** and **SLEEP**.

BEEF.—Beef Tea, a frequent requisite in the sick room. Cut very small (mince) 1 lb. *lean* beef, add 1½ pint of cold water (rather less than more) put over a slow fire. Let it remain till it has

boiled for a minute, then strain through a towel. Flavor with salt or any allowable seasoning.

Attendants on the sick, who wish their patients to escape the acquired comfort of alcoholic stimulation, must be regardless of other and better modes of comforting.

Some allow the beef to soak in the water cold for 12 hours, occasionally stirring it, then boil very gently for half an hour and strain.

BEER.—A drink prepared from Malt, Hops, and Water. By fermentation, the solution is made *poisonous*, and the nutriment left in it reduced to almost nothing, as shown in the following analysis (in round numbers),

Solid material	.	.	.	5	
Alcohol	.	.	.	5	
Water	.	.	.	90	100
<hr/>					

so that to get *one* pound of solid food there must be drank 9 quarts of water and 1 pint of poison !* How can this minister to health ?

BILE.—The secretion of the liver, peculiar in being from *venous* blood. The blood which has circulated through the spleen, stomach, and intestines, has become loaded with impurities, which it is desirable not to allow to pass on and mix with the general mass of that vital fluid. It is therefore re-distributed through the liver, where the impurities are separated, and formed into *Bile*, which, emptied into the intestines, assists in digesting the food, and in other important functions. The whole process is an admirable instance of the economy of nature. *Bile* is one of the great outlets of Carbon from the living body ; and the importance of this clearance will be seen in our next article.

BILIOUS ATTACKS.—There is, in health, a correspondence between the oxygen taken into the system and the carbon to be eliminated. The two combining form carbonic acid, to be expelled through the skin and the lungs. If the carbon gets to be in excess of the oxygen, an outlet for it is sought through the liver, in the

*That *Alcohol* is a poison may be learned from Professor Taylor's great work on *Toxicology*. Sir Astley Cooper's words are well known, "Ardent spirits and poisons are synonymous terms."

form of too-abundant (and perhaps vitiated) Bile. This, acting as an irritant, provokes vomiting, diarrhœa, and headache. When it is understood that alcohol is itself a highly-carbonised fluid, and that it prevents the absorption of sufficient oxygen to meet the natural requirements of health, we perceive at once how injudicious it must be to fly to spirituous drinks in attacks of bile. The prevention and the cure have to be sought in another direction.

The chief mode of conveying carbon into the system is by eating rich viands containing fat, oil, butter, cream, and sugar. All such articles have therefore to be avoided; likewise *strong* tea and coffee. Additional oxygen must be sought through exercise in the open air, cool sitting rooms, and well-ventilated bed rooms. Thus the carbon diminished, and the oxygen increased, are brought to meet each other in healthy proportions.

The liver may be inactive and not secrete as much bile as is necessary to relieve the blood of a not inordinate quantity of carbon. In this case relief is procurable by taking 5 grains of Blue Pill at night and a Seidlitz Powder, or a Senna Draught in the morning. If this torpidity of the liver be persistent (as indicated by heaviness, furred tongue, costiveness, and sallow skin), benefit will be derived from taking, twice a day, 1½ oz. of infusion of bitter orange peel, and in it 20 drops of nitro-muriatic acid. Or a decoction of Dandelion root (1 oz. to 1 pint) may be used in place of the bitter infusion.

In cases where there seems to be altogether a deficiency of what may be called *Biliary Elements* or *Bilious Material* in the system, steps must be taken to improve the general health.

Animal food, milk, eggs in puddings, with mixed vegetables, and ripe fruit, will all be beneficial. Iron is the medicine; and, if it can be taken, the *Compound Mixture of Iron* is the form for it. One tablespoonful three times a day, after meals. Or *Ammonio-citrate of Iron* 4 grains, in water, may be substituted.

As this last form of bilious disorder is found much oftener in children than in adults, the nursery, the school-room, and the bedroom, must be specially looked after.

Any forcing with bitter ale, sherry wine, or cold brandy and water, is inadmissible and perilous.

In case the *Bilious attack*, with its headache, has actually set in, the best plan is as follows. Take 30 grains of *Ipecacuan* in warm

water, and promote vomiting with copious draughts of very weak tea. Two hours after, take a pill containing 3 grains of *Calomel* and 3 grains of *Extract of Henbane*. In four hours more take 60 grains of effervescing *Citrate of Magnesia*, and repeat a like quantity every four hours until relief is obtained. After the bowels have moved, 15 drops of *Battley's Sedative Liquor of Opium* may be added to the *Magnesia draught* which comes to be taken about bed time. See CHOLERA and JAUNDICE.

BLADDER.—This organ is mentioned in order to give a strong caution against the use of Gin and Hollands.

Spirit, mixing with the secretion of the kidneys, and so finding its way into the bladder, often plays sad mischief there. Retention of urine from this cause, requiring the catheter, I have repeatedly witnessed. Aggravation of that distressing ailment of age *Catarrh of the Bladder* is sure to follow. The chief symptom of this complaint is a copious discharge of ropy mucus along with the urine, and under the use of gin, blood comes also to be mixed with it.

Dilute Nitric Acid 15 drops in half a teacup of *Infusion of Buchu leaves*, should be taken three times a day, on an empty stomach. Sometimes the *Phosphate of Soda*, 60 grains in warm water, and continued three times a day for a week, will be followed with benefit.

The diet should be nutritious, and some diluent (as Decoction of Linseed or of *Uva Ursi*) freely taken, but on no account any kind or quantity of alcoholic liquor.

BLOOD.—This vital fluid consists of Water, in which are dissolved Albumen and a variety of Salts, and in which float the *Blood Corpuscles*. These are either *red*, about 3500th of an inch in diameter; or *colourless*, a little larger than the red ones. Every atom of the solids of the body has first floated in the blood, thus seen to be the great carrier of the *living* material wherewith to build, aptly designated the life of the flesh. In 1000 parts of healthy blood 790 parts are water and 210 solid matter; in disease these proportions are altered. We shall notice here one only of the alterations, viz. a notable diminution of the solids, leading to a state technically called *Anæmia*, or *An Anæmic Condition*.

The symptoms of *Anæmia* are a pale face, weakness, palpitation,

fainting, indigestion, swelled legs, and the pulse weak, tremulous, and not unfrequently intermitting.

The advice to drink porter, commonly given in these cases, is bad. They admit of cure without it.

In the first place, attend to the *generals*, of which we have occasion to make such frequent mention, air, diet, exercise and skin.

The diet should be plain and yet varied; animal food, brown bread, pearl barley, milk, cheese, eggs, ripe fruit, and well-cooked vegetables. The exercise must be out-door, spite of wind and weather, but not long enough to fatigue. The *clothing* woollen, and specially the feet to be kept dry and warm.

The medicines will be of the Iron kind. *Ammonio-Citrate of Iron* 5 grains, in a little water; *Compound mixture of Iron*, 1 table-spoonful; *Citrate of Quinine and Iron*, 3 grains. Any one of these will be a dose to be repeated three times a day.

If the bowels are confined, a pill of 5 grains of *Watery Extract of Aloes* is to be taken going to bed.

There yet remains one important remark. The patient should learn to eat slowly, that the food may be thoroughly mixed with saliva, and as little fluid (of every kind) should be taken as can be endured comfortably. Say a half-pint in twenty-four hours, or even less if milk is taken in addition to it, and fresh milk is very suitable.

The slow mastication is to ensure a good supply of saliva. If this secretion be deficient, the digestion of the animal (azotised) food will be imperfect; and this is the very kind of food most required to benefit the anæmic condition.

BLOWS.—If a blow be not on a vital part, and lead to nothing more than a *bruise*, there will be no need for anything but a warm fomentation to begin with, afterwards a gentle rub for fifteen minutes with some *Compound Liniment of Soap*, repeated night and morning. Rest is to be observed, so as to secure freedom from pain as far as possible.

The running to brandy and salt in such cases is a race for a blank and not for a prize. See **BRUISE** and **SHOCK**.

BOILS.—*Furuncle*. Inflammation of a portion of the true skin and the cellular substance underneath it. Too well known from

their conical shape, white top, and hard base, to need further description. The peculiarity is the *death* of the cellular substance, which forms a *core*, before the discharge of which a cure cannot be looked for.

The *core* is softened by moisture from the living parts around, from which it separates, and is thus prepared for expulsion.

The treatment has to be directed to favor this softening and separating process, and should consist of fomentations and poultices, and incision when the boil is ripe for it.

If poulticing is prevented by work, &c., then a piece of wet *Spongio Piline* may be kept on; or a piece of lint dipt in olive oil may be put on the Boil, and kept there by sticking plaster over it.

When a succession of Boils is threatened, there must be likewise some constitutional treatment. A drachm of *Sulphate of Soda* in 3 oz. *Infusion of Sassafras* should be taken by the robust, three times a day, until a purging effect has been produced. Then exchange it for *Fowler's Solution*, 5 drops in a little barley water; returning if need be, after a week, to the saline. The diet must not contain fat nor sugar, and be less than usual; abjuring ale, wine, and such like, which are often recommended, even to teetotalers thus afflicted.

If the constitution be weak, and the skin pale, then the *Compound Mixture of Iron*, $\frac{1}{2}$ oz. three times a day after meals, will be the most suitable; and to each dose of it may be added 1 or 2 grains of *Extract of Aloes*.

Suppose 10, 20, or 50 cores of the Boil put side by side, you will have a CARBUNCLE, which see.

BRAIN.—The mass of Nervous Matter contained in the skull case, whose anatomical description it is not intended here to give. Suffice it to say, that it consists of two parts, the great brain and the little brain, covered with three membranes, fancifully named the *Dura Mater* (hard mother), *Pia Mater* (tender mother), and the *Arachnoid* (spider's web).

The average weight of the Brain in man is 50 oz., or one-fortieth of the whole body; a proportion largely in excess of any other animal.

The supply of blood to the brain is remarkably large, being one-fifth of the whole.

With the brain we *think*. It is the grand link between the soul and the body. It controls also the five senses.

The nervous matter has a peculiar affinity for alcohol; so that if you start from the heart a quantity of alcohol in the blood, and search for it in different organs after a short interval (say an hour), it will be found in the blood, liver, and brain, in the proportion of 1, $1\frac{1}{2}$, and 3.

Inflammation acute of the brain receives, at the hands of the practitioner most energetic treatment, comprising low diet, bleeding, purging, and blistering. The consequence is *debility*. To relieve this (after the inflammatory stage is passed), alcoholic drinks are much relied on.

To prevent yielding to the advice of taking them, the following plan will be sufficient.

Pay strict attention to air, diet, and exercise. Quietness should be observed, alternating with light amusement or company, and the early hours of the night always selected for sleep. A shower-bath, at a temperature comfortable to the patient's feelings, should be taken every morning, and followed by brisk rubbing for a few minutes. Of medicines, the *Compound Mixture of Iron* $\frac{1}{2}$ oz. three times a day; and at night two pills containing *Camphor* 3 grains, and *Extract of Henbane* 3 grains, to which, if the bowels require, may be added 2 grains of *Barbadoes Aloes*.

Inflammation chronic of the brain may be often traced to a blow or a fall. Weeks or months may have elapsed before the attack is perceived. It is a protean malady, and mostly ends in abscess and death. Headache is the most common symptom, and next to it deprivation of sight or hearing, or both.

Nothing can be done but to adopt the general plan already alluded to, unless it be that a seton may be worn in the neck. Owing to its peculiar effect on the nutrition of this organ, alcohol must be shunned, however long the attack, or weak the patient, as it should be always shunned in health.

Softening of the brain is a disease that medicine cannot relieve. It is hastened to its termination by the use of alcohol, this fluid increasing the mental imbecility, and the bodily spasms, rigidity, and palsy, which mark the nature of the ailment.

Water on the brain (Acute Hydrocephalus). A disease most incident to those of tender years, difficult at its commencement to

be distinguished from mere abdominal irritation, and in its more advanced stage from Typhus. It sometimes, too, assumes a likeness to inflammation of the lungs (pneumonia). Its essential character is *inflammation*, and its termination is effusion, hence its name.

It is really a pity that any child of the age usually attacked (from three to six years), should ever have known the taste of an alcoholic liquor. One chief predisposing cause is the habitual use of alcohol by the parents, specially the mother.

After the disease has been subdued by quietness, calomel, scammony, or whatever else may have been deemed necessary, the best possible restorative is change of air. Fruit (ripe), farinaceæ, and milk, should constitute the diet, and on no account attempt a forcing process with alcohol in any shape.

Where the mind of a child is precocious, the healthy bodily development, with amusement, is all that should be attended to for five or six years. Nothing in the form of a lesson should be attempted until after that age.

Chronic Hydrocephalus may prove fatal in a few months, or may last for years. It is little if at all under the control of medicine. As alcohol is attracted by the brain, and quickens the circulation of the blood through it, those cases are the most rapid in which this brain-poison is administered.

We said that the brain controls the senses. If a person cannot see, hear, smell, taste, or touch, better through using alcohol, how is it possible he can be benefited by it at all? See PALSY.

BRAN.—A good vehicle for applying heat. Put it into the fryingpan over a brisk fire, and, as it is stirred, sprinkle water on it until damp. Put it into a *loose* bag and apply. It will be better to keep in the steam by a piece of waterproof sheeting.

BREAD.—This article shews the force of habit, inasmuch as the pleasant natural sweetness of the grain is stupidly sacrificed to the bitter of the hop! In bread the whole of the grain should be found—husk, oil, and farina. Grind good wheat *fine* (without separating the bran), and you have the very best flour. Make this into dough with warm fresh milk, and bake at once, in small loaves, with a quick oven. In this way you get an article wholesome, digestible, and, after use, pleasant. If the *puffed-up* loaf must be

had, get machine-made bread, or else use baking-powders rather than bitter yeast.

BREAST. The disease of this large and important gland which most frequently leads to the taking of fermented liquors is *abscess*.

During the first pregnancy, when the milky fluid has begun to exude from the nipple, it will be beneficial to foment for a few minutes daily the whole breast with warm water, and for the last fortnight anoint *very gently* with a little olive oil. The nipple unless it has been flattened with vile stays, may be pressed out somewhat, and prepared to transmit the milk. Rubbing with brandy is cruel work. After the birth, let the infant be put to the breasts in three or four hours at the most, and repeated at regular intervals. Thus by the time the milk becomes *flush*, the ducts will be prepared to carry it. If, however, they are not quite ready, and the milk knots and pains, use warm water fomentations sedulously, and let a skilled grown person draw the breasts. All coarse rubbing and rolling, and kneading of the sensitive organ is horrible. Take at the same time a brisk purgative; *Calomel* 3 grains, *Rhubarb* 20 grains, will be suitable, and but little of either solid or fluid food for a day or two.

If in spite of all, the Breast gathers, then cover with wet Spongio Piline, or Linseed-meal poultice, and let the surgeon open it as soon as possible. The nursing may continue while milk comes easily, both before and after the discharge of the matter.

Two or three days poulticing after free discharge begins will be enough to give way to any simple dressing of water or cerate.

The breast must, from first to last, be carefully suspended in a handkerchief passed round the neck.

The pain and the drain having both been considerable, and at a time of some natural debility, the patient may be expected to be weak. It may be well to give 10 drops of *Dilute Nitromuriatic Acid* in a wineglass of *Decoction of Peruvian Bark* three times a day directly after nursing; or the *Compound Mixture of Iron* in $\frac{1}{2}$ -oz. doses may be required. Forcing with any alcoholic is a risk to both mother and child. See NURSING and CANCER.

BRONCHITIS. Inflammation of the lining [the mucous membrane] of the lungs. It may be either acute or chronic.

Acute Bronchitis is hardly ever treated with alcoholics. The

easiest, and, as far as my experience goes, the safest plan is to give *Ipecacuan* 30 grains in warm water. After the vomiting is over, Calomel 3 grains, and Rhubarb 20 grains, given in treacle for a purge. Then continue every 4, 6, or 8 hours a draught containing *Liquor of Acetate of Ammonia* 3 drachms, *Vinegar of Squills* 1 drachm, in water 1 oz.; to which may be added from 2 to 5 drops of *Battley's Liquor*, if it be desirable to allay cough, or to promote sleep; though opiates must be used with great caution. Assistance to medicines must be sought for from lying in bed, mild, soothing diet, and warm drinks, of which Linseed tea is one of the best. The chest should be covered (in severe cases) with a bran poultice. The temperature of the room should be kept about 60° and thorough ventilation insisted on. The importance of the last will be more manifest if we attend for a moment to the fact, that the vital process of aerating the blood has to go on through the very membrane which is the seat of the disease.

Dr. Gardner recommends another plan as follows: "We have a better and more precise way of arresting bronchitis, which is applicable to all cases, and if properly employed at the outset, as soon as the cough begins, with the other items of fever treatment—repose, a warm bed with warm bed clothes, a warm well ventilated room, will rapidly cure the disease. It consists in producing local anæsthesia of the mucous membrane which is the seat of the trouble. By means of a small inhaler, the vapour of ether, 1, 2, or 3 drachms being used at a time, should be so breathed as to bathe the inflamed membrane. At first, it may irritate, but with a little perseverance and humouring, this may be effected, and the immediate consequence is stoppage of the cough. This should be repeated more or less frequently. In the intervals, a lozenge containing *Acetate of Morphia* one-twelfth grain may be allowed to dissolve slowly in the mouth. Bed and mild soothing diet, with a gentle aperient or two, would save many lives. In rare cases the ether vapour cannot be borne, and recourse must be had to chloroform, 5 to 10 drops in hot water will suffice."

Chronic Bronchitis is harassing because of the cough attending it. It is best relieved by coarse flannel worn all over the chest, attention to the bowels with Rhubarb, and exhibition of some expectorant mixture of which the following are specimens. Take of *Almond Oil* 1 oz., *Syrup of Poppy* and *Oxymel of Squill* each $\frac{1}{2}$ oz.,

Gum Arabic $\frac{1}{4}$ oz., Water 6 ozs., mix. Take 1 tablespoonful frequently. If a stronger effect be desired, substitute 30 drops of *Battley's Liquor* for the Poppy Syrup.

Old people will sometimes derive greater comfort from a more stimulating compound; thus, *Gum Ammoniacum* 3 drachms, *Vinegar of Squill* 3 oz., *Acetate of Morphia* 2 or 3 grains, *Milk of Almonds* sufficient to make 12 oz. in all. To be taken the same as the last.

Sometimes 1 drachm of *Powdered Cubebs* taken three times a day in warm water will do good: and *Benzoic Acid* 2 or 3 grains may be taken along with each dose of it.

The Winter Cough, that many suffer from as regularly as the season comes round, is a form of Chronic Bronchitis, caused by the reduced temperature of the air.

The medicines described as suitable to Chronic Bronchitis may be used here too. The disease, however, is rarely if ever extirpated; and it invariably shortens life. The respirator and other means of warming the air must be had recourse to.

BRUISE.—Violent Bruises are sometimes followed by the effusion of a quantity of blood, too large to be absorbed again. One consequence of this is an abscess, natural or artificial, according to the treatment pursued by the surgeon.

To Bruises apply *cold* water for the first few hours, afterwards *warm* poultices are best.

If the Bruise be on a vital part, (head, abdomen, &c.) attention must be paid, lest some internal organ suffer from oversight.

Alcoholic stimulants are not to be called into requisition for either internal or external use.

After the subsidence of urgent painful symptoms (under the poulticing) rub the part twice a day with some *Compound Liniment of Soap*; and, if the part be convenient, put on an elastic bandage. See ABSCESS, BLOW, and SHOCK.

BURNS.—Injuries by fire, not mixed with water or vapour. The latter are SCALDS, which see. In *Burns* apply at once Cotton wadding, two sheets thick, and kept close with a bandage. The pain will be subsiding in from fifteen to twenty minutes. If no cotton be at hand, dredge thickly with flour, having first painted on

with a feather a little sweet oil, to make the flour stick. When after three or four days the cotton or the flour begins to separate, in consequence of the discharge coming on, a warm bread-and-water poultice will be required to promote the separation; and after this some mild application, as Goulard ointment, or simple Cerate, or Water Dressing. Another plan, and a good one, is to apply, from the first, a Liniment of Creasote $\frac{1}{4}$, Olive Oil $\frac{3}{4}$ with a feather and on lint.

Another good application is treacle, thinned with an equal quantity of water.

The principle of all is to exclude the air.

BURNS, if at all extensive, are dangerous; and the more so when on either the chest or the abdomen. As death is threatened, alcoholic stimulants have ever been in repute. This repute is wholly undeserved, if the records of mortality be taken as evidence.

In extensive Burns, or threatened collapse, keep the patient well covered with bed clothes; give *hot* and *seasoned* broth, and a cup of good black tea now and then with $\frac{1}{2}$ milk in it, sago or groats in gruel. For medicine—60 grains of *Compound Powder of Cinnamon* in hot water, repeating it in 40-grain doses every hour or two, until the whole body is comfortably warm to *your own hand*, and not to the mere feelings of the patient, who *cannot feel*, being half dead.

If the sufferer be rescued from *speedy* death, danger is not over. He may *gradually* decline under constitutional irritation and purulent discharge. For the treatment of this stage, see Pus.

It may be well to urge here the absolute necessity of cleanliness, to be sought by aid of waterproof sheeting. The apartment *must* be thoroughly ventilated day and *night*, and some disinfecting fluid should be sprinkled about. The weariness and exhaustion are aggravated by poor air, and then sought to be relieved with alcohol. Thus making a bad matter worse.

In the later stage, "proud flesh" (granulations rising higher than the sound skin) is often troublesome. If on a part where pressure is practicable, apply dry lint and a bandage, separating again, when required, by the aid of a very wet bread poultice. *Sulphate of Zinc* 1 drachm to water 1 oz. may be applied on lint. *Burnt Alum* in powder is both a painless and a useful application; or *Red Precipitate* 15 grains in *Yellow Basilicon* 1 oz.

CAMPHOR.—A very valuable medicine. In order to be *powdered*, it must be touched with a drop or two of acetic acid, or spirits, or oil. It may be given in pills, or in milk, powdered and rubbed into the mixture in a mortar. The dose is from 3 to 10 grains. A form of *Camphor Water* or *Julep* is desirable in many diseases, and therefore we give its mode of preparation, which is very simple. Break Camphor, 1 oz., into small bits, and put these into a decanter; fill with cold water, and let stand. As wanted, pour off the water [Julep] for use, and add in its place fresh water, thus keeping the decanter full. The same Camphor will do for weeks or months. Camphor has, in an eminent degree, the property of promoting digestion and procuring tranquil sleep in low fevers, and similar diseases, as gangrene, &c. It is designated by Pereira a “vascular excitant.” In fevers it produces an effect *locally* on the stomach, assisting digestion; *generally* on the nervous system inducing tranquillity and sleep; and on the circulation, strengthening the pulse. Combined with suitable bed-clothes and warm drinks, it promotes perspiration.

CANCER.—A disease too much overlooked in its commencement and in its earliest stage. Excision should be at once submitted to; losing no time in fomentations, liniments, plasters, or other applications. The only explanation of the disease necessary here (for the common reader) is the following. A certain part of the body (breast, womb, stomach, rectum, scrotum, and lip, are most liable), takes on a disposition to form a cancerous growth, made up of countless cells [particles] secreted from the blood. Whence this disposition comes is not known, and having come it continues in spite of all that can be done; in other words, the disease is incurable.

Palliatives are within reach; opium and hemlock internally; scrupulous cleanliness, with some deodorising fluid externally; or if the comfort be more, some warm poulticing with hemlock, linseed meal, or bread.

The matter for this book, however, is to advise, and that strenuously, that alcoholic drinks be never resorted to. The nature of cancer is increased activity; one aim therefore, of treatment, is to tranquillise. Alcohol passes into the blood, and is so carried the body over. It is monstrous to get any of such an irritant into the

very substance of the morbid growth, provoking by its presence a speedier development. No comfortable *feeling* from the diffusible stimulant can compensate for this intenser mischief.

Milk, fresh meat, eggs, pearl barley, fresh vegetables, and ripe fruit, will all be good; indeed, the varieties of good and pleasant cooking will be called into requisition, and help to smooth the passage to the friendly tomb.

The disease CANCRUM ORIS (incident mostly in children) will have to be combated with grain doses of *Quinine* given three times a day. Strict attention to the bowels, which are to be regulated with *Rhubarb*. The exhibition of a small teaspoonful of Cod liver oil twice or thrice a day, and the application of some disinfecting fluid (of a proper strength) to the part. Some recommend *Chlorate of Potass*, 5 grains three times a day. The diet should be beef-tea, milk, and farinaceous puddings with egg, and ripe fruit. The disease is a very distressing one, and mostly kills. Alcohol increases the fever, and hastens thus the fatal termination.

CARBON.—Pure, it is the diamond. Found, however, mostly united with oxygen in the form of Carbonic Acid.

Carbon in uniting with oxygen gives out heat, and the two being abundant in the blood, their union all the body over is a slow burning or fire [eremacausis], which keeps up the animal heat. The supply of it is through food containing fat, starch, or sugar, of each of which Carbon forms a considerable part.

Alcohol consists of Carbon in union with Hydrogen and Oxygen; and the theory has long prevailed, that decomposed in the living body, it afforded elements for combustion and heat. Such decomposition however is now (since the inquiry of Lallemand, Perrin, and Duroy) known not to take place. Alcohol is eliminated pure from the system, and cannot therefore in this way contribute to animal heat.

It is merely a nervine stimulus, and serves no purpose, by way of being a substitute for the natural fat and tissues, in diseases attended with great wasting, as Consumption, Fevers, &c.

Carbon in combination with Hydrogen gives rise to the *Hydrocarbons*, a numerous and important class, containing the oils, ethers, naphthas, turpentine, &c.

CARBONIC ACID GAS, or CHOKER DAMP.—Danger from this exists in mines, old wells, vats, rooms with burning charcoal, &c. Remember, where a candle cannot burn, there a man cannot breathe. It is mere useless rashness and death for others to rush in to pull out any one who has fallen in this vapour. Throw in some fresh-slaked lime, or some blazing materials, or, if nothing else be at hand, buckets of water. Treat the sufferer with fresh air, friction, warmth, and ammonia, and on no account with brandy or other alcoholic, lest the last spark of life be put out by further carbonising the blood.

CARBUNCLE.—Requires free incision, fomentations, and poultices, until the core is discharged (which possibly may be a fortnight); after that, water dressing or simple cerate will do: sometimes the gentle stimulus of the *Soap Liniment*, applied with a feather, is advisable and grateful. The constitutional treatment depends on the habit. If of full habit the patient must be purged with salines, and have his diet reduced. If aged and weak, or broken down in constitution the bowels need only be regulated by the aid of *Rhubarb* and *Ginger*. *Battley's Sedative Liquor*, 15 drops may be given every night; and *Quinine*, or else a decoction of *Peruvian Bark*, three times a day. Fresh air and thorough cleanliness are absolutely necessary. The diet must be nutritious but not stimulating. I have seen cases (some of them over seventy) do admirably without any intoxicating liquor; while younger patients treated with alcohol (which is common) have died. See **BOIL** and **DIEB**.

CATARRH.—A cold. Inflammation of the lining of the nostrils and windpipe. Best counteracted by perspiration; to excite which alcoholics are never desirable. The warm bath where convenient, the bed, with a plentiful supply of warm diluents, as gruel, herb-tea sweetened with treacle; and for medicine a draught containing *Liquor of Acetate of Ammonia* 3 drachms; *Ipecacuanha* powder 1 grain; and *Camphor Julep* 1 oz., to be repeated every six or eight hours. The bowels to be acted on with from 4 to 10 grains of *Colocynth Pill*.

The old fashion of "rum and honey" is arrant quackery and may lead to mischief.

If cough come on, rub the upper part of the chest with dry

mustard until it tingles. An emetic of Ipecacuan 30 grains, given at the commencement is an excellent measure, and prevents further mischief. For CATARRH OF THE BOWELS see TETTHING.

CERATE.—Simple. Melt together equal parts of bees' wax and olive oil.

CHAPS.—On hands, lips, &c., may be treated with a lotion of Borax 40 grains; Glycerine 1 oz.; Water 7 oz.; mixed. To be used twice a day. Some cases require it weaker than this; for which, dilute with an equal quantity of *warm* water. Protect with Simple Cerate.

Equal parts of honey and spermaceti ointment mixed. Rub the hands at night, and wear leather gloves all night in bed. This proves very efficacious.

CHEST.—When the doctor says that the patient is labouring under *Inflammation, or other disease, of the chest*, he had better be requested to write down the *technical name* of the complaint. This name conveys correct information as to what is the matter, and will most likely be found under LUNGS, which see.

The exploration of the chest by aid of the *Stethoscope* is a modern and beautiful example of the advance of Medical Science. The degree of knowledge attainable by the skilled use of the instrument is marvellous.

CHILBLAINS.—Brandy or other spirituous application is unnecessary. This troublesome ailment must be got through by rubbing gently the inflamed unbroken skin with a fresh made solution of *Carbonate of Ammonia* 10 grains in a teaspoonful of cold water, twice or thrice a day; or paint over with *Collodion*. When broken, poultice if inflamed; and after, apply *Goulard's Ointment*, or else a Cerate made by mixing 10 grains of *Red Precipitate* with 1 oz. of Simple Cerate. To prevent Chilblains, accustom the skin to cold, warming it with exercise, and abjuring furs and footwarmers. Wash and rub twice a day in cold salt water; using warm water only for the aged.

CHILD-BED.—The labor over, let the patient be put and kept

in as *dry* a state as the case admits of. The heat of the body suffered to lie in wet clothes, until they steam and foment, is a very common cause of flooding, see HEMORRHAGE. Open the door and, if need be, the window, for *fresh* and *cool* air. Give a little warm gruel and keep quiet. In three or four hours let the infant suck *both sides*, but in case of flooding, *immediate* application of the infant to the breast is desirable.

The guiding fact in the treatment is this, the mother has suddenly lost (say) ten pounds of material, for *the life of which* her system had to provide. The diminished call therefore on her, must be met with diminished sustenance for a few days; and while dame Nature is making a new arrangement of her affairs, she must in no wise be intruded on by alcoholic stimulants. *Repose*, and not excitement, is what she needs; and, indulged with this, all things will come kindly round in a week or two. The diseases of the puerperal state are always aggravated, and frequently brought on, by spirits taken during and after the labor. Mania, convulsions, peritonitis, and abscess, are but poor rewards for indulgence. See HEMORRHAGE, INFANCY, NIPPLES, and NURSING.

CHILDHOOD. See INFANCY.

CHLOROFORM.—It may be mentioned that the French physiologists, Lallemand and Perrin, after experimenting with this as well as with alcohol, classed the two together, and declared them to be both poisonous. Who drinks Chloroform?

Its anæsthetic power is well known, and has been a great blessing to suffering humanity. Though, unfortunately, a few deaths have resulted, it saves life in so many desperate cases that its use in competent hands is completely justified. Trifling operations had better be submitted to without it. See ETHER.

CHLOROSIS.—GREEN SICKNESS. In order to a successful result, the articles on *Air*, *Diet*, and *Exercise* must be read and attended to. The medical treatment will consist in giving $\frac{1}{2}$ oz. of *Compound Mixture of Iron* three times a day, directly after meals; or 6 grains of *Ammonio-Citrate of Iron* in half a wine glass of *Infusion of Quassia*. The bowels must be regulated by dissolving in each dose of mixture 1 or 2 grains of *Extract of Aloes*, until the bowels

respond. Where the stomach is fastidious the following pills may be a better form for the Iron—Sulphate of Iron 60 grains; Pill of Mercury 10 grains; Ipecacuan powder 30 grains; Barbadoes Aloes 20 grains; Oil of Cloves 30 drops. Treacle to make a mass, to be formed into 40 pills. Take one twice or thrice a day. If too opening, diminish the Aloes.

When Chlorosis is accidental, (as from deficient food, close confinement, &c.) it is quickly recovered from on removal of the cause and medical treatment. If, however, it be constitutional (as in the Scrofulous) it may be of long continuance.

Too few red corpuscles in the blood is the characteristic of this disease.

The Chlorotic always require warm clothing. See BLOOD.

CHOLERA.—I never saw a fatal case of English cholera.

First discover whether the fecal contents of the bowels have been *all* evacuated. If not, assist Nature to get rid of them by giving small doses of *Castor Oil* (say a teaspoonful made into an emulsion with yolk of egg) every two or three hours. As soon as the end is obtained, give every four hours 1 oz. of *Chalk Mixture*, and with it 1 grain of solid *Opium* in a pill, repeating half these quantities after every evacuation. The bowels should be kept covered with hot wet bran, or flannels. The diet must be farinaceous, sago, ground rice, &c., boiled soft; and, *if the patient relish it*, mutton or fowl broth well salted.

As the attack subsides, and weakness remains, no alcoholic stimulus whatever need be taken; but simply 1½ oz. of Compound Infusion of Orange-peel three times a day. Full diet must be returned to by slow degrees. As to ASIATIC CHOLERA, there is no doubt but the mission of the English physicians to Russia, and their return with the advice to give brandy and sundry essential-oils, was the cause of thousands of lives being sacrificed in this country.

The heroic plans of treatment with Antimony and Mercury were no better than madness.

The saline treatment as advised by Dr. Stevens was the most successful, as it was most merciful and rational.

The premonitory *Choleraic Diarrhœa* was well met with a combination of aromatics and opiates, say, *Compound Powder of*

Chalk 40 grains; and *Powdered Opium* 1 grain; after every evacuation.

The recipe for a good mixture of salines, suitable in Asiatic Cholera and its congeners, will be found under DIPHTHERIA.

CLIMATE.—Caution is given here against believing for a moment that alcoholic drinks are a protection against the ills incident to our variable climate, and our insular position. Such protection has to be sought in diet and clothing.

For the non-necessity of taking alcohol in the cold of the frigid, or the heat of the torrid zones, the reader is referred to Dr. Carpenter's *Physiology of Temperance*, where he will find the subject amply and ably discussed. The shortened lives of persons going to India and the West Indies are the result, in numberless cases, of the wine and spirit drinking *thought* to be requisite in those latitudes. Water-drinking is the grand preservative there, though it is fashionable to keep a sort of *punch* ready made on the side-board, to which both residents and visitors resort *ad libitum*.

The only Arctic explorer that ever brought back *all* his crew alive, was Captain Kennedy. Every man of them was a teetotaler; and their journeys, exposures, and hardships, were beyond the common.

CLOTHING. Keep the head cool, the body warm, and the feet dry. Flannel, or thick coarse calico is the best dress to be next to the skin.

Protection against *sudden* changes of temperature should be sought through appropriate clothing.

The living body gets more liable to be disordered as the day wears on, because of the exhaustion of its nervous energy, and consequently its diminished power for reaction and resistance. Ladies—such alas! is their wont—act quite opposite to this rational and natural view. They put on thick shawls, gowns, and furs in the morning; and in the evening, thin, gossamer garments. Bare legs and bosoms mean, in our variable climate, rheumatism, bronchitis, scrofula, and consumption, which are sought to be combated with alcoholic stimulants, while suitable covering is the proper precaution and remedy.

A grand point to be kept in view is, that, while sufficient warmth is secured, the skin should be so aired, through the looseness and

texture of the garments, as to dissipate the impure vapour and gases, which are necessarily exhaled from a living body.

COLIC.—I am ashamed to say that more than one Teetotal medical authority advises spirituous liquor in Colic. The dose to be *heroic*, in order that the Alcohol may at once produce a sedative effect. This is pretty much like making a man drunk that he may be insensible to pain! A better method is to administer a pill of *Calomel* 4 grains, *Extract of Colocynth Compound* 6 grains and wash it down with a draught containing 20 drops of *Battley's Sedative Liquor*, 3 drams of *Liquor of Acetate of Ammonia*, and 1 oz. of *Camphor Julep*, to be repeated with half the quantity (10 drops) of Battley every hour, until the pain is relieved.

Warm tea should be drunk, and hot wet bran applied. Persons subject to Colic should be attentive to their bowels, and not suffer their contents to accumulate.

Fruit, vegetables, and whole-meal bread in the diet will mostly be sufficient, if proper out-door exercise be taken.

A flannel belt worn next the skin is highly commended as a preventive by some who have had recourse to it.

COLLAPSE.—Sinking of *all* the powers of life *together*.

I have never known a person rescued from this by alcoholic stimulation, which I believe to be worse than useless.

Alcohol never *can* succeed where the nervous power is *exhausted*, and consequently none left to be called forth.

The measures to be used must have for their end the restoration of nervous power. To this end apply sedulously, warmth externally, and see that the air is thoroughly fresh. Administer hot broth, sago, arrowroot, milk, or good black tea, with milk and sugar. Medicinally give every half hour 20 grains of *Compound Powder of Cinnamon*, mixed in $\frac{1}{2}$ oz. (or 1 oz., if swallowing is easy) of *Camphor Julep*.

The wondrous recoveries by Alcohol are simply the mistakes of alarmed and thankful friends. Partial symptoms of Collapse, as fluttering pulse, cold extremities, &c., are not unfrequent, and the patient often rallies out of these; but where every power *fails at the same time*, the case is desperate, and all but hopeless. Alcohol hastens

the catastrophe by lowering temperature, and not restoring nervous power. It cannot *call forth* nervous power, for there is none left stored in the system.

CONCUSSION.—See SHOCK.

CONSUMPTION.—See LUNGS.

CONTAGION.—When a contagious disease (Cholera, Typhus, Scarlet Fever, &c.) is prevalent, brandy is not unfrequently sought as a protection. Alas, its powers in this direction are less than *nil*; for by lowering the health of the blood and the vital power altogether, the drinker exposes himself to attack, and by the same means weakens his power of resistance, and so thousands are slain by their reputed bosom-friend.

Preventive measures should consist of extra attention to air, clothing, cleanliness, diet, and exercise.

Some Chloride of Lime, or disinfecting fluid should be put or sprinkled about. It may be well to describe a disinfectant or two suitable for common use. *Chlorinate of Soda* $\frac{1}{2}$ oz., dissolved in Water 12 ozs.; or *Liquor of Permanganate of Potass* $\frac{1}{2}$ oz., in Water 12 ozs., commonly known as *Coudy's Fluid*. Either of these may be sprinkled freely about the room and house. *Burnett's Disinfecting Fluid* is another; and besides sprinkling about, a pint may be poured into each drain or closet once or twice daily. *Chlorine Gas* is rapidly generated and diffused by pouring a tablespoonful of Oil of Vitriol on 2 ozs. of common Salt. The gas extricated is very irritating to the throat and lungs. Hence, care must be taken not to inhale it while mixing the ingredients, and these last must be moved from room to room as fast as the odour of the gas is quite perceptible, or so much will be allowed to be present as will irritate and do harm.

CONVALESCENCE.—The period between the cessation of progress in disease, and the restoration to complete health. This is a field in which alcoholists luxuriate, fatten, and batten. They actually *won't* let a patient get well without alcohol, if they can help it.

A little common sense is a good thing here. If nature has had strength to stand her ground at the fiercest of the foe's onset, surely

with the assistance to be got from air, diet, and other accessories, she may be safely left to finish the victory and have the honor of it.

Let the debilitated patient have a frequent supply of food suited in quality to the weakened stomach. First, milk with sago, arrow-root, or pearl barley; second, broth of fowl, mutton, or beef; third, the last three in a solid form. Eggs lightly boiled are good only when they sit easy on the stomach and without flatulence, else they must (if used at all) be taken in farinaceous puddings. Ripe fruit is always good, and bread may be taken at will. Thus the digestive organs and the blood improve on the lighter, and so acquire strength enough to do good with the stronger articles of food.

Relapse is a sunken rock in the course of the Convalescent. Nothing is more likely to get him on it, to his grievous injury, if not his total wreck, than alcoholic stimulants. The bitter beer mania costs thousands their lives.

Cases similar to the following are quite familiar to me. A young lady, at school, was so far recovered from inflammation of one lung as to be quite fit for removal to her home. She was progressing admirably, and not a word had passed between us about any alcoholic drink. No sooner did the family doctor get hold of the case, than he put her on wine, &c., and, as I thought at the time, made her worse, and delayed her complete restoration for weeks, to, no doubt, his own pecuniary profit.

CONVULSIONS.—Recourse to Alcoholics is ordered in those cases where the supply of blood to the brain and spinal chord is considered insufficient. A much better plan to be pursued between the attacks, is the regular use of tonics, placing *Strychnine* and *Iron* at the head of the list. But the causes of Convulsions being many, the particular one must be sought for, and, if possible, removed. In childhood, the treatment may have to be for worms, or for inflamed gums, or deranged digestion, as frequently as for diseased brain. Youth, (particularly in the female) will suffer from mental excitement, from improper diet and habits, and from constitutional irritability. In these nothing so speedily relieves the paroxysm as *Tartarised Antimony* 1 grain, in a little warm water, every 20 minutes until vomiting is produced. Soon as the convulsions cease give 20 drops of Battley's Liquor in a cup of ginger, or peppermint tea.

The Convulsions of Epilepsy, Pregnancy, Hydrophobia, and Tetanus are peculiar, and the reader should turn to those heads; also to *Hysteria*.

As a general rule, Alcoholic liquors are detrimental. Bad nutrition of the brain is a common concomitant of Convulsions, and to the due healthy nutrition of the whole nervous system Alcohol is opposed.

For debility after Convulsions nothing more is required than 3 tablespoonsful of *Compound Infusion of Gentian* twice a day. See PALSY.

COUGH.—If merely a symptom, the disease of which it forms a part must be sought for and treated.

In dry cough take the following mixture, Almond Oil, Oxy-mel of Squills, Syrup of Poppies, of each $\frac{1}{2}$ oz.; Ipecacuan powder 20 grains; yolk of one egg. Rub together, and add enough water to make 8 oz.

Dose, 1 tablespoonful frequently.

If there is free expectoration, take at night 5 grains of *Pill of Opium with Soap*, adding 5 grains of *Colocynth Pill* when costive. Take also throughout the day (three or four times) a teaspoonful of *Vinegar of Squill* and of *Acetate of Morphia* one-twelfth grain, in a wine glass of Linseed Tea.

Cough from irritation of the larynx or the windpipe, yields to the wet compress worn on the throat through the night, followed by cold sponging and a brisk rub in the morning.

CRAMP.—To be relieved by friction alone, or with *Compound liniment of Soap*. A purge of *Rhubarb* 15 grains, *Magnesia* 40 grains, and *Ginger* 10 grains, may be taken.

Sometimes *Cramp in the arms* is a symptom of diseased heart.

Never in these cases urge the circulation with alcohol. It is perilous to do so. If an internal stimulant be desired, 40 grains of *Compound Powder of Cinnamon* in a wine glass of hot water will be the best.

CREASOTE.—From *kreas*, the Greek word for *flesh*; because of its strong antiseptic virtue.

Creasote is the best known palliative for tooth-ache, and in this respect may supersede spirit.

It may be given internally from 1 to 5 drops in a little sugar and water, to allay vomiting at sea, or during pregnancy, or for any simple non-inflammatory vomiting.

It has been recommended in doses from 5 to 8 drops three times a day, in pills with crumb of bread, for consumption and also for piles.

As an external application, 10 drops rubbed with 1 oz. of *Simple Cerate* relieves chilblains.

CROUP.—Occasionally after the attack has been subdued and safety, on *proper conditions*, secured, relapse into a second attack is provoked by the use of wine, and thus life sacrificed to imprudence.

The danger of Croup arises from a fibrinous exudation into the windpipe, inducing suffocation. Alcohol favors and hastens this kind of unhealthy deposit, and so adds to the otherwise imminent danger.

In addition to medicines, the principal of which will be *Tartarised Antimony and Calomel*, the warm bath, or better still the wet packing and a wet compress to the throat are valuable.

As Croup returns easily, it is well to be cautious until the attack is *thoroughly* recovered from. Quietness, mild diet, and the breathing of warm pure air are the requisites.

DEBILITY.—A weak constitution is handed down to some from their parents.

For such, *special* regard has to be paid to *natural* tonics during infancy and youth. Air, light, clothing, diet, and exercise will do much for them. *For ten years at least* cultivate the physical, rather than the intellectual, development.

Let alcohol be shunned as decidedly injurious to the building material contained in the blood, and to its healthy deposit in the process of nutrition.

Sad are the effects of the forcing system, and hard is it to find a person with a sound mind in a sound body, who has had to submit to that system in his early days.

Debility oftentimes is acquired. Excess, close confinement, too ardent or long application to business, and kindred modes of

behaviour are all so many causes of Debility. Whoever, under these circumstances, flies to alcohol for aid must pay the penalty of shortened life. If the decision be to brave such a penalty, what more can we say? If, however, the sufferer be acting in ignorance, he may take our warning, and substitute a more contented mind and a less worked body for the spur which is urging him to the fatal leap.

Debility, the consequence of acute disease, has been spoken of under CONVALESCENCE, which see. When it is a part of incurable lingering disease, every function of the body and every faculty of the mind must be seriously disturbed by the administration of intoxicating liquors; and the probability of an easy dissolution, and of faculties clear to the last be lessened in proportion. It is to be feared that a large proportion of deathbeds are *visionary* through the excitement of brain-poisons.

DELICACY.—This, if artificial from improper indulgences, must be remedied by removing the *cause*, at once or by degrees according to its nature.

If natural (inherited) no hardening process must be attempted, further than the sedulous cultivation of health through the natural tonics. See this head.

One cause of Delicacy deserves distinct notice. *The living in too heated rooms, and the drinking of strong tea or coffee.* Either of these is bad, but the two together are irresistible. I have seen ease upon case of wretchedness arising solely from the daily occupation being at a close stove in an ill-ventilated kitchen. If the woman have recourse to alcoholic stimulants for relief, the chances are against her continuing sober. As to recovery by the use of such, *that* is out of the question. There *must* be less heat and purer air; and these, joined to proper diet and attention to the skin, will mostly succeed in re-establishing a good degree of health. Change of air is valuable, and *Camphor Julep* 1 oz. may be taken three times a day.

DELIRIUM TREMENS.—I cannot undertake to describe here this terrible affliction, but must content myself with a few words respecting a point or two bearing on its connexion with intoxicating drinks.

Alcohol is its sole cause, or nearly so. Persuasion is often addressed to the dissipated against suddenly and entirely abandoning the stimulus, lest (it is said) they be overtaken with an attack of *Delirium tremens*, as the consequence of such abandonment. This fear is groundless. The disease, in ninety-nine cases out of a hundred, comes on *during* the indulgence; and is then harder to cure, than if there had been a period—even a short period (say two or three days)—of intervening abstinence.

Almost every practitioner has his favorite plan of treatment, and this commonly includes alcohol in the form previously indulged in by the patient. The consequence is, that if one attack does not prove fatal, another, or another still, does.

We do not venture to criticise treatment by emetics, or by fox-glove, or by other proposed specifics, but simply indicate our own plan. Purge freely with pills of Compound Colocynth, Compound Rhubarb, each 24 grains; Croton Oil 3 drops; and Calomel 4 grains, to be divided into 12 doses. At the same time, give of Battley's Sedative Liquor 15 or 20 drops, with 3 drams of Liquor of Acetate of Ammonia, in Camphor Julep 2 oz., every four hours. The Julep to be used also for drink at will. Keep the head cool and the extremities warm, but apply no blister nor irritant whatever to the skin. Give plenty of nourishing food: meat, milk, beef-tea, pearl barley and sago in puddings with eggs, some good black tea, with toast, &c.

After two or three days the patient will get a *long* sleep which is a prelude to recovery. If he is *dosed* into profound sleep *rapidly*, he is not likely ever to wake again in this world.

From nothing short of total abstinence from alcohol can we be justified in expecting permanent reformation after this disease.

It is sad to reflect that even after attacks of Delirium Tremens have been recovered from, the drinker refuses to abandon their exciting cause. Thus he becomes "*Voluntarius Demon*" with a witness!

Should a person drinking feel desirous to mitigate his appetite for the liquor, his best resource will be an emetic of Ipecacuan 30 grains.

DIABETES.—Increased by any use of beer or other alcoholics. I have known the disease brought on by the vapor of spirits

breathed by a lad occupied in a spirit merchant's cellar. Though he removed, and was under medical supervision and treatment for more than a year, the attack cost him his life.

The conversion of the saccharine elements of the food, and also of the tissues of the body into sugar—which is the essence of *Diabetes*—is favored by the presence of alcohol in the blood.

DIARRHŒA.—Frequently treated with brandy, at the no small risk of making matters worse. If offending matter is suspected in the stomach and bowels, use first an emetic of *Ipecacuan*, and afterwards a little *Castor Oil*, or *Rhubarb*. Regard the diet, laying aside meat, dumplings, bacon, new bread, &c. ; and take rice, sago, milk with gelatine in it, and tea with stale bread. For medicine, 30 grains of *Compound powder of Chalk*, and 6 grains of *Dover's powder* in warm water, for a dose, three times a day.

Many a case of *Diarrhœa* is kept up by eating boiled eggs : and many a case may be cured by living a couple of days on ground-rice gruel.

In the final *Diarrhœa* of Consumption, or other lingering disease, *Morphia* $\frac{1}{2}$ grain, with 20 drops of *Dilute Sulphuric Acid*, in a glass of rice water, should be taken three times a day.

In the *Diarrhœa of Infants* attended with green stools, *Mercury* is not to be given. A mixture composed of *Prepared Chalk* 20 grains ; *Gum Arabic* 1 drachm ; *Battley's Liquor* 2 to 5 drops (according to age), in *Camphor Julep* $1\frac{1}{2}$ oz. ; of which, two teaspoonfuls may be taken 3 or 4 times a day, will be found efficacious.

DIET.—Leaving general principles for explanation under **FOOD**, (which see) a few plain directions suitable for sickness will be given here.

The mismanagement of the Diet of invalids is the frequent cause of their being led to seek relief through alcoholic drinks.

Let it never be forgotten that the stomach partakes of the general weakness. The *legs* cannot walk a mile or two, the *arms* cannot use the hammer or the shovel, how then can the stomach be expected to do *its* ordinary work ? It cannot accomplish so much, and should never be urged by alcohol to the trial. The quality and quantity of the food put into the stomach should be such as can be easily digested. Pearl barley, sago, arrowroot, tapioca, toasted

bread, milk, and broth of fowl or mutton, afford a good variety in the hands of a skilful and attentive nurse. Good black tea, with plenty of fresh milk in it, is nearly always acceptable. The appetite must be consulted as a guide, and *thirst* is to be indulged, and that too with fresh cold water if desired.

Water permeates every organ, and reaches every atom of the living frame, now ill through the presence of some peccant matter pervading it. This matter Nature covets WATER to dilute and float away. To have no thirst in the *early* part of many disorders (fever for example) is no good sign, as it shews that Nature is so overpowered as to be deprived of *all* appetite, for fluids as well as for solids.

The articles through which mischief more commonly happens, are eggs boiled or fried, new bread, rich cake, cheese, suet puddings, piecrust, pork-meat of any kind, or other flesh. The same remark applies to all of them, *they are too strong in their texture for the weak stomach to reduce to a pulp* [chyme].

The following sketch of a day for a convalescent, dyspeptic, or other invalid, may be found useful as a general guide; while experience can adopt variations, keeping to the point of digestibility.

In the morning, first sponge and rub briskly, specially down the spine and across the stomach, drinking a wine glass or two of cold water. Breathe the out-door air for five or ten minutes before taking food. This *airing of the blood* helps digestion. *Breakfast*, two cups of black tea with one-third milk, *cold* toast with fresh butter. *Dinner*, lean mutton, beef, or fowl, with mealy potatoes, and, if no *particular* objection, any ordinary well-cooked vegetable that may be in season, to be followed with rice pudding if there be appetite; drink plain water or toast water, and not much. *Tea* as at breakfast, with the addition of any fancy biscuit or plain cake. *Supper*, (if any,) sago or oatmeal, with half milk. The hours may be 9, 1, 5, and 10. If any food be wanted in the intervals, gelatine may be taken in some suitable form, or bread with ripe fruit. Sugar should be used sparingly. Eggs are good when divided up by soluble articles, as when put into puddings with rice, sago, &c.; or the yolk alone beaten up with sugar and warm water. See AIR, EXERCISE, SKIN, and SLEEP.

DIGESTION.—The process by which the dead food is prepared

to receive life. If the food gets contaminated with alcohol, there is sure to be a diminution of the life or vital power which it received through digestion, in order to its becoming a part of the living organism. Hence, drinking persons cannot repair injuries so well, nor live so long, as they would do under the plan of abstinence from that fluid.

That Alcohol renders any assistance to digestion is problematical. It precipitates the peculiar principles of the saliva [ptyaline] and of the gastric juice [pepsine].

The appetite and digestion generally correspond with the legitimate wants of the system, and cannot be forced further with impunity.

The inability, which certain persons say they labor under, of not being able to digest their food without beer or wine, is simply the result of habit. Some feel a similar inability if they are deprived of water or tea. The correction of the habit will dispel the inability.

There is to be found here and there a case of what may be termed unnatural dryness, attended with want of appetite. A glass of sparkling water is the remedy for this. Pleasant, refreshing, and effectual.

DIPHTHERIA.—This disease, of which pretty much has been heard the last two or three years, is an inflammation and ulceration of the throat (specially the tonsils,) distinguished by an exudation of patches of tough lymph, and accompanied with low fever. It is nearly allied to *Scarlet Fever*.

Regarding it as the consequence of a poison in the blood, the important question arises, *Is there any known antidote?* I believe there is, and that it consists of the following mixture. Chloride of Sodium (common Kitchen Salt) 8 scruples, Sesquicarbonate of Soda 12 scruples, Chlorate of Potass 3 scruples. Mix and divide into four doses, to be taken dissolved in warm water—the more water the better. For children under ten half this quantity.

In severe attacks take a dose; at the expiration of an hour a second dose; in two hours more a third dose; in two or three hours more the fourth dose. After this, continue a dose every four, six, or eight hours, until eight doses (if need be) have been taken. By this time, very likely before, the *specific* inflammation (which

exudes the lymph and constitutes the danger) will be checked, and there will remain only a *common* inflamed throat, to be treated accordingly.

The diet should be strong, well-salted broth of beef or mutton, with toasted bread in it, together with milk and farinaceous puddings. After the subsidence of the specific inflammation, ripe fruit, lemonade, &c., will be both agreeable and useful. But until that is fairly over, scrupulously shun acids of every kind.

There will not be the slightest need to cauterise the throat; indeed the grand outlet for the poison being there, the route had better be kept open, than be shut up with powerful astringents.

I never knew a patient thus treated die, if taken in the early stage of the disease. The Medicine being nauseous, I have known mothers and nurses fail in fortitude when dealing with young children, and with fatal consequences.

Alcoholic stimulants only add another poison to the Diphtheric one; never arrest, or even mitigate the disease, nor promote speedier recovery. The treatment by *Tincture of Steel*, makes large pretensions, but shows equally large failures.

DRINK.—Water is the only fluid naturally found in the living body, and exists there in the proportion of 3 lbs. to 1 lb. of solid matter.

Any other *fluid*, as alcohol, turpentine, naphtha, ether, &c., cannot possibly form part of a living body. Plainly therefore it must be an intruder there, and, as a foreign material to be expelled, *must* do harm. Water is the only fluid suitable for drink; it must be understood that such drinks as tea, cocoa, coffee, lemonade, &c., consist only of water (as a *fluid*) with certain solids suspended or dissolved in it.

DROPSY.—If it be general and of the acute or inflammatory kind (Anasarca), there is little probability of any administration of alcohol, except it be in the form of *Gin*. This favorite, however, must be abandoned, or if taken for the juniper it is said to contain, a substitute may be found in Essential Oil of Juniper 5 or 10 drops taken in a little mucilage, or on a lump of sugar. Give three times a day, *Cream of Tartar* 40 grains, *Jalap* 10 grains, and *Foxglove powdered* 5 grains, for one dose, in treacle, until the bowels are *very* freely acted on, afterwards in diminished quantities.

In the slow dropsical effusions of ill health and weakness (Edema), restoration must be sought through the strengthening of the system by the *Compound Mixture of Iron*, good diet, exercise, and change of air. A dose of *Powdered Squills* 3 grains, *Calomel* $\frac{1}{2}$ grain, and *Extract of Dandelion* 8 grains, formed into 2 pills, may be taken three times a day.

In local dropsies, as of the abdomen, chest, pericardium, &c., the original disease has to be treated, and it must be borne in mind that alcohol in relation to serous membranes, favors the exudation, and never the absorption, of fluid.

In the operation of tapping, fainting has to be guarded against, not by the administration of spirituous stimulants, but by position, pressure, and slow evacuation of the fluid. If any stimulus be wanted, 40 grains of *Compound Powder of Cinnamon*, in 1 oz. of *Camphor Julep* will be the best.—See KIDNEY.

DROWNING.—In addition to following the plain directions given by the Royal Humane Society, note this. Don't attempt to give any drink whatever, while the person is unconscious. If conscious, don't give any *spirits*; or, by their further carbonising the blood, the reviving spark of life may be finally extinguished. Give warm tea, or ginger tea, or gruel.

The ready method of artificial respiration suggested by Dr. Marshall Hall is followed by the *National Life Boat Institution*, while the method of Dr. Silvester is followed by the *Royal Humane Society*.

If the warm bath be used let it be at 100°, and the body lifted out in half a minute, the chest receiving at the same instant a dash (only) of cold water. Persevere with friction and warmth.

It is said that an immersion of eight minutes renders the case hopeless, and also that a total absence of respiration for ten continuous minutes after the body is taken out of the water is equally fatal.

DRUNKENNESS.—A high degree of intemperance, exhibiting well-known phenomena, the result of partaking of a variable quantity of Alcoholic, or other poisonous drink. It is an entirely self-sought and artificial complaint; for the existence of which there is no more need than for a literal thorn in the flesh. The seed is

alcohol; and whoever sows this in his own body, or promotes the sowing of it in the bodies of other persons, co-operates in the production of the fruit. The cure is total abstinence from alcohol, the cause, at once and for ever.

We notice here that abandoning the exciting cause altogether and at once is objected to, because (it is contended) some dangerous ailment will result.

The evidence to shew that this objection is untenable is complete. *Tens of thousands* of most desperate drunkards of all ages have tried the plan of suddenly abstaining with the safest and happiest results.

To go a little into particulars: it is said *Erysipelas* will supervene on the abstinence. If this inflammation be in prospect, it will come during a drinking, as well as an abstaining, period. The same remark holds good of *Delirium tremens*. It is quite true that some drinkers have attacks soon after abandoning their cups, but there is not the shadow of proof that these sufferers would not have been attacked had they continued drinking uninterruptedly: and suppose that only a few days intervene between the cessation of taking the drink and the commencement of the attack, that short period is a most valuable help to the treatment. The alcohol will have had so much time to evaporate, and Nature the same time to eliminate the poison from the system; and when that is thoroughly got rid of, the duty of the medical practitioner is comparatively easy, and his success tolerably sure.

The evil spirit—Alcohol—has no more business in Manbody, than Diabolus has in Mansoul. There should be no governing, no lodging, no calling, no interchange, the casting out should be complete.

When the drinking party has gone so far as to be a *Dipsomaniac*, he should be put under restraint, or he will kill himself outright.

Drunkards, who find their bodily ailments hindering their reformation, may derive assistance from the following plan. Of course it is presumed that old haunts and associates are forsaken. If time is at command two or three days may well be spent in bed, in a well-aired room. Let the diet be plain soup or broth, with tea, toast, and farinacea. Ripe fruit is desirable. For drink cold water is the best, to be taken in small quantities (a wineglassful) very often, and not in large draughts at a time.

The bowels must be kept rather relaxed, and nothing is better than equal parts of *Rhubarb* and *Magnesia*, 30 to 40 grains at a dose. If any tonic is desired, let it be of the lightest kind; infusion of sage or orange peel, 2 oz. three times a day. The powers of the digestive organs have been so injured that they can be only restored by slow degrees, and regular exercise must be amongst the means employed. The Turkish Bath is highly commended by some.

Take courage, pray to God, and with His help a good degree of restoration is at hand. See DIET and INTemperance.

DYSENTERY.—Requires to have all irritating material removed from the bowels by *Castor Oil* emulsion (if necessary), or by a dose of *Calomel*, 3 grains; and *Rhubarb*, 20 grains. Then to be treated with 15 drops of *Battley's Liquor* and 3 drachms of *Liquor of Acetate of Ammonia* in 1 oz. of *Camphor Julep* every four hours. The food must be milk with sago, arrowroot, &c., and containing gelatine.

The spirituous-liquor treatment is attended with high mortality.

Some highly commend *Battley's Liquor*, 20 to 30 drops twice a day to be followed in an hour with *Ipecacuan*, 20 grains each time.

In *Chronic* dysentery, *Nitro-muriatic acid*, 5 to 20 drops in gruel or barley water twice a day.

EGGS.—Those of the domestic fowl are to be preferred: 1000 grains consist, of shell and its lining 107, white 604, yolk 289.

The white is almost pure albumen; the yolk too is albumen, with 30 per cent of a yellow oil. Dissolved in the fluid contents are portions of sulphur, phosphorus, and iron.

Albumen is the starting point of all the animal tissues, as may be understood on reflecting that the body of the chick is made out of the contents of the shell.

It will be well to give a few words of caution here in regard to Eggs as an article of diet. They are highly nutritious, but very difficult of digestion when boiled or fried; because coagulated albumen is hard to be dissolved in the stomach. Eggs and milk are often partaken of by the weak, under a notion of their being very strengthening. This requires explanation. Strength is derived from food *digested*, and not from food swallowed and which passes on imperfectly dissolved. Many a case of flatulency and diarrhoea

is made obstinate by the insoluble curds of milk and egg. When it is desired to take eggs, they should be made divisible and soluble by mixture with some farinaceous substance, as rice, sago, pearl-barley, &c., in puddings : or the yolk may be beaten up with sugar in hot water, and taken with a biscuit or bread.

EPILEPSY.—Due to disease or disorder of the brain or nervous system. Most frequent in the offspring of drunken parents. The modes of prevention and treatment can only be learned from extended study. Here it is only necessary to caution most strongly against the use of any brain poison. Alcohol, opium, or tobacco is a curse to an epileptic, though some are so far gone as to use one or more of these articles under a persuasion of prevention and relief. Don't disturb the patient out of the sleep that follows the fit, and when he wakes give a cup of tea or gruel.

An eminent physician after having tried all known remedies for this disease, with which he was himself severely afflicted, was *cured* by having recourse to a total milk diet, a pint of milk being taken at breakfast, a pint at supper, and a quart at dinner. Under this regimen, he enjoyed robust health for many years ; but subsequently, having returned to his former mode of living, experienced a return of his old complaint, which proved fatal. See the account at length in Cheyne on *The English Malady*.

Belladonna, Strychnine, and other nervine medicines must be given according to the rules detailed under PARALYSIS, which see.

ERYSIPELAS.—Inflammation of the skin appearing somewhat suddenly, having a tendency to spread, and accompanied with fever. Most common on the face and head. The local treatment will consist in applying, with a camel-hair brush, a solution of Nitrate of Silver 40 grains in 2 drachms of water. The general treatment will begin with an emetic, 30 grains of *Ipecacuan*, in warm water ; continue with mild aperients and *Camphor Julep* ; and end with *Decoction of Peruvian Bark*, or *Quinine*. The diet must be nutritious but not heating, and fresh air night and day emphatically insisted on. Such a plan judiciously followed is mostly successful, the more so if all wine and other alcoholics be scrupulously abjured.

Instead of the treatment (local) by Nitrate of Silver, flannels wrung out of a strong decoction of elder flowers, and applied warm, do good. See NITRATE OF SILVER.

Erasmus Wilson considers inunction with lard in every way superior to all fluid applications. Relax the skin with hot water or steam fomentations, and after each fomentation, wipe dry and saturate the inflamed surface with hot lard, which is afterwards covered with wool. The last two may be *combined* thus: foment with strong decoction of elder flowers, and *then* apply lard—taking care that it be of the best quality and *entirely free from rancidity*.

The following application for *Erysipelas* and some other cutaneous affections, has lately been recommended by high Continental Authorities—*Alum* in impalpable powder, 30 parts; *White Precipitate*, 1 part; rub well together and place the powder in a bottle, then add from 90 to 100 parts of *Glycerine*, shake the bottle until the mixture is of a creamy consistence, and repeat the shaking whenever the application is about to be employed.

When blisters or sores are left, dress them with *Oxide of Zinc cerate*, made thus: To 5 or 6 parts of simple cerate melted, add pure oxide of Zinc (Hubbock's) 1 part; stir till cold.

ERYTHEMA.—Erythematous Inflammation. A slight affection of the skin, yielding to mild aperients and warm fomentations. Mentioned here because in certain cases in which, in children, it rapidly spreads, it is fashionable to give wine, while Quinine is the remedy, 1 or 2 grains three times a day.

ETHER.—If an anæsthetic be desired *for domestic use*, Ether is the safest, and 1, 2, or 3 drachms will be sufficient.

Washed Ether should be used with a proper inhaler, which is not an expensive instrument. The drug and the instrument both can be procured of Bullock and Reynolds, Chemists, Oxford Street, London.

The insensibility from *Ether* commences from the periphery of the Nervous System, the fingers' ends, the skin, &c., and passes inwardly. The insensibility from *Chloroform* begins at the nervous centres—brain, spinal chord, and ganglia—and passes thence to the surface. See **CHLOROFORM**.

Ether, in its properties as a diffusible stimulant, approaches the nearest to alcohol of any drug we know.

EXERCISE.—The muscles contracting and causing the movements of the body are wasted by their substance uniting with the

oxygen which is circulating in the blood. This waste is replenished by the food. The interchange is necessary to health, hence the benefit of exercise in the open air.

If alcohol be in the system the repair of the waste is interfered with. This is so well known to trainers that they forbid all intoxicating drinks to their pupils.

Exercise should be taken by the invalid and the convalescent up to, but not beyond, the point of fatigue, the meaning of which is that no more should be thrown off by motion than Nature is able comfortably to replace with new material through digestion and assimilation.

Dr. Paris has well remarked, that riding is the best exercise for regaining health, walking for retaining it.

EXHAUSTION.—Greatly diminished power to continue active operation. In all work the nervous apparatus suffers loss. The repair is effected by food, the power restored by

“Nature’s sweet restorer, balmy Sleep.”

Whenever the cause of the Exhaustion is in repeated and long continued operation, food must be frequently taken and be of the most nutritious and digestible kind. Beef-tea, soups, farinaceous puddings made with milk and egg in them, &c. Regular hours and fresh air are indispensable.

This condition of body is one in which alcoholic stimulants are eagerly coveted. The instantaneous comfort they afford blinds the eyes to their tricky character, “Wine is a mocker.”

If any man say, “Cost me what it will I must go on;” argument, with such a one, seems useless. Let him however understand that a worker assisted by natural agencies can accomplish more than he will if he stimulate himself with alcohol; so that the taking of the spirit for the sake of work to be accomplished by its aid is a mere excuse and inadmissible.

EXPECTORATION.—If thin and frothy take plentifully of *Infusion of Linseed* and *Liquorice Root*. If thick and easily brought up take *Ipecacuan* 1 grain and *Battley’s Liquor* 4 drops in warm water three or four times in the twenty-four hours. Never venture on rum and honey.

The kind and quantity of the matter expectorated is important to be noted in sundry diseases. It helps to decide as to the character of the ailment and its treatment; and should therefore be received and kept in a clean vessel for inspection.

FAINTNESS.—Lay the patient flat on the back. Dash a little cold water on the face. Put a smelling bottle to the nose, and as soon as swallowing can be effected administer 30 drops of Sal Volatile in water, or else a cup of hot water or tea if there be time.

Of course if the Faintness be from hemorrhage, the bleeding must be attended to and, if possible, stopt. Yet as faintness often arrests hemorrhage by diminishing or suspending the impulse of the heart and arteries, resuscitation is not, in these cases, to be rashly urged.

FAT and FATTY DEGENERATION.—Fat is the lowest form of living material in the body. In healthy blood there are three parts of Fat in one thousand, and this is necessary for healthy growth. It is deficient in the consumptive, hence the benefit of Cod-liver oil. In many habitual drinkers of alcoholic liquors Fat comes to be in the blood in excess, and the solids of the body thus get inordinately mixed with it. The heart will grow too large, the blood-vessels too brittle, the muscles too weak, the brain and liver too soft, and so on with other organs. By and bye the heart can't beat, an artery gives way in the brain, or some other contingency cuts off life at a stroke. Alcohol often originates and always accelerates this miserable malady.

FEVER.—*Intermittent* Fever is Ague. *Remittent* Fever has its diminution (not cessation) and exacerbation once, twice, or more every twenty-four hours. *Symptomatic* Fever is that which accompanies the inflammation of any important organ as brain, lung, liver, &c. *Idiopathic* Fever is that which is unmixed (unless by way of complication or addition) with any other particular form of disease. *Hectic* Fever is the daily paroxysm attendant on slow wasting diseases, as Consumption. See TYPHUS, TYPHOID, and HECTIC.

Simple Continued Fever we shall speak of here. Murchison defines it thus: "A sporadic, non-contagious disease, arising from

exposure to the sun, fatigue, surfeit, inebriety, &c. Its symptoms are frequent, full, and often firm pulse; white tongue; thirst; constipation; high-colored urine; hot and dry skin; no eruption; severe headache; and sometimes acute delirium; the fever subsiding in from one to ten days, with copious perspirations, herpetic eruptions, &c.; rarely fatal in Britain except from complications; but, when death occurs, no specific lesion."

The disease requires no *specific* treatment. The doctor has to assist Nature; and can best do this by giving at the commencement *Ipecacuan* 30 grains in warm water, to be followed in six hours by *Castor Oil* $\frac{1}{2}$ oz., or *Rhubarb* 25 grains. Every six hours a draught may be taken containing *Liquor of Citrate of Ammonia* 3 drachms and *Camphor Julep* $1\frac{1}{2}$ oz; adding to the one which comes to be taken about bed-time *Battley's Liquor* 15 to 20 drops, if sleeplessness seems to demand it.

Thirst should be freely indulged with water or with one of the following drinks: (a) *Nitrate of Potass* 1 to 2 drachms, *Barley Water* 2 pints, *Dilute Nitric Acid* 1 drachm, and a little syrup to taste. This quantity to be drank in twenty-four hours: or (b) *Nitre Whey*, made by boiling *Nitre* 2 drachms in *Milk* 1 pint and straining: or (c) *Imperial drink*, *Cream of Tartar* 1 to 2 drachms in *Boiling Water* 1 pint, and flavored with lemon-peel and sugar. (d) Sometimes an astringent drink may be desired, then *Alum Whey* will be useful. Boil *Alum powdered* 1 drachm in *Milk* 1 pint, and strain. Take a wineglassful at a time.

Toast water, soda-water, tea, lemonade, ripe fruit, &c. will all be in requisition in some cases. If this fever be *asthenic*, i.e., attended with urgent weakness or prostration, the best treatment is with quinine and the mineral acids thus: *Sulphate of Quinine* 1 grain, *Dilute Sulphuric Acid* 10 drops, *Syrup of Orange* 1 drachm, *Camphor Julep* 1 oz. for a draught to be repeated every six or eight hours.

The diet should be nutritious, rice-milk, sago, tea, biscuit, mutton broth, &c. Cleanliness is beyond physic in importance. Daily sponging all over with warm water. Court the breezes of heaven; and, if obstinate folk shut the windows, knock out a pane or two of glass with your walking stick.

To keep the system in repose and favor sleep, subdue (not shut

out) the light, and keep all quiet. The head specially to be kept cool.

When recovery has fairly set in, *have patience*. Don't change the diet, nor increase the quantity, too fast.

The following of these directions will save all necessity for having recourse to wine or brandy.

The ARDENT FEVER of the tropics is the simple continued fever of Britain intensified.

RELAPSING FEVER. I content myself with giving Murchison's definition, simply saying as to treatment, that it must consist of a *sufficient* and well-regulated diet, and that the medical treatment by the mineral acids and the medicines which act on the kidneys, will be appropriate. Jaundice (if it appears) is not to be combated with mercury, but with the Nitro-Muriatic Acid and Nitre, sometimes with Turpentine; inasmuch as the danger lies in contamination of the blood with urinary products, and not with bile.

Definition. "A contagious disease which is chiefly met with in the form of an epidemic, during seasons of scarcity and famine. Its symptoms are: a very abrupt invasion marked by rigors or chilliness; quick, full, and often-bounding pulse; white moist tongue, sometimes becoming dry and brownish; tenderness at the epigastrium; vomiting, and often jaundice; enlarged liver and spleen; constipation; skin very hot and dry; no characteristic eruption; high-colored urine; severe headache, and pains in the back and limbs; restlessness, and occasionally acute delirium; an abrupt cessation of all these symptoms, with free perspiration, about the fifth or seventh day; after a complete apyretic interval, (during which the patient may get up and walk about) an abrupt relapse on the fourteenth day from the first commencement, running a similar course to the first attack, and terminating on or about the third day of the relapse; sometimes a second, or even a fifth relapse; mortality small, but occasionally death from sudden syncope, or from suppression of urine and coma; after death, no specific lesion, but usually enlargement of liver and spleen."

The same author further remarks: "According to the present extent of our information, the phenomena of idiopathic fevers may be summed up as follows:

1. The fever poison enters the blood.

2. The nervous system (and particularly the sympathetic and vagus) is paralysed.

3. The retrograde metamorphosis of the muscles and other tissues is increased, while, at the same time, little or no fresh material is assimilated to compensate for the loss. Increased temperature, great muscular prostration, and loss of weight are the results.

4. The destruction of tissues is increased by the accelerated action of the heart.

5. The non-elimination of the products of tissue-metamorphosis gives rise to cerebral symptoms and local inflammations.

6. On the elimination of the fever-poison and of the products of tissue-metamorphosis, the nerves resume their normal function, the undue consumption of tissue is checked, and the patient regains his strength and weight. It is impossible to say why this termination occurs at a definite time in different fevers."

FITS.—See CONVULSIONS, EPILEPSY, and HYSTERIA.

FLATULENCE.—Eructation. To prevent this, keep out of the stomach articles which are known from experience to ferment while there, as new bread, &c.

For relief take 10 grains of *Ginger* and 10 of *Carbonate of Ammonia* in 1 oz. of *Camphor Julep*. Cure may be sought from 20 drops of *Dilute Nitric Acid*, or 10 drops of *Elixir of Vitriol*, in a wineglass of *Infusion of Orange-peel* three times a day, an hour or two before food.

Gin, hollands, peppermint, ginger wine, shrub, and kindred cordials, are so many abominations to trust to. Infants are not in a few cases *killed by starvation*, the lining of the stomach having been so scorched with one or other of these alcoholic pests as to prevent the solution [chymification] of sufficient food to keep life in the body!

FOOD.—The many solids and the one fluid by which the living body is nourished, may be divided into two principal groups: (1st.) the *albuminous*, which contain nitrogen, and go to replenish the solids; (2nd.) the *saccharine* and the *oily*, which contain no nitrogen, but are decomposed, and then their carbon and hydrogen

uniting with oxygen give out heat in the process (which is one of [eremacausis] very slow burning), and so maintain the animal temperature.

To these some add a third, the *gelatinous*.

Articles of food are made out of the earth and atmosphere by *living* bodies. *Plants* arrange the elements into the primary compounds. These are eaten by animals, and these in their turn by man.

The vegetable world affords ample material (at all events in all but the coldest latitudes,) for the sustentation of man; his eating the flesh of other animals is not, with him, a necessity, but a choice.

Every exertion of either mind or body is attended with a loss of *substance* on the part of the organ exercised. This loss has to be made up by the food. Hence the kind and quantity of the exercise regulate very materially the kind and quantity of proper food. It would be folly for the sedentary clerk to feed like a labouring ploughman.

The amount of unnecessary food *forced* on the system by the aid of alcoholic drinking, is oftentimes the cause of an illness set up to get rid of the intruded superfluity.

It should be deeply impressed on the mind that alcohol is not, and cannot be, a food. Its elementary composition prevents its being so. But that it is a thing to be *eliminated*, and so to use up some of the vigor of the system, instead of adding to it.

If any article does not tend *by its own use* to satisfy, and if, in the course of using it, there can be produced by it a state of insensibility, it may be safely insisted on that the said article never was intended to be used for *food*. The thing would be as intensely contradictory as to use ice for fuel or carbonic acid gas to promote watchfulness. See DIET.

FRIGHT.—Don't run to brandy or wine. Speak a few kind words. If convenient, lay the person down for an hour, and give 20 drops of *Sal Volatile*, or 20 grains of *Compound Powder of Cinnamon*, in 1 oz. of *Camphor Julep*. Else a cup of warm tea, or water will do.

If the case be extreme, nothing will divert the mind and at the same time equalise and tranquillise the system so speedily and

effectually as *Ipecacuan Powder* 30 grains taken in a little warm water.

GANGRENE.—Death of a part, the result of inflammation. Relieved by a linseed-meal poultice over, on the face of which has been sprinkled some *Compound Powder of Cinnamon*. If the fœtor be great, some disinfecting fluid should be added to the poultice. The restlessness and pain can be subdued by *Morphia* in $\frac{1}{4}$ grain or 1-grain doses at bedtime. The bowels must be regulated with *Compound Rhubarb Pill*, or *Compound Colocynth Pill*. The diet must be as nutritious as possible. Milk, eggs, cheese, beef-tea, custard, &c., in the form which the stomach can most easily dispose of. *Quinine* may be tried, but little is to be expected from it, while alcoholic stimulants, though thoroughly fashionable, only aggravate the disease, and of course increase the chance of a fatal termination. *Senile Gangrene* is hardly ever, if ever, cured; and the like holds good of the disease attacking the mouth in childhood.

GOUT.—The result of Uric Acid in the blood. This depravation is mostly the consequence of gross living with a free mixture of alcoholic drinks. Being prevalent among rich folk, who can afford to pay for the speculation, many a volume has been put forth for their pretended enlightenment; the doctors vying with each other to display their erudition, skill, and *sympathy*.

The *prevention* of gout may be sought by following a well-known prescription, viz., "Live on a shilling a day, and *earn* it."

The treatment of a paroxysm of *gout* consists in giving three times a day two pills made of *Acetic Extract of Colchicum*, and *Extract of Henbane* each 3 grains, to be washed down with a draught containing *Carbonate of Potass* 20 grains in half a tumbler or more of water, or if the bowels are confined, 1 drachm of *Sulphate of Soda* in lieu of the Potass.

The pain is often relieved by wrapping the inflamed part thickly in cotton wadding, to be kept in its place by some elastic bandage. The manipulation necessary for putting this on, must be of the very gentlest kind, in order to its being submitted to at all.

Under no circumstance whatever should a person liable to *Gout* take any alcoholic liquor. And if the disease at any time attack the citadel of life (heart, brain, or stomach,) the *Compound Powder*

of *Cinnamon* 40 grains and *Battley's Liquor* 20 drops in a copious draught (say a tumblerful) of warm water, had better be trusted to, with a hot steaming bran poultice applied over the part affected.

It is sad to reflect on the troop of useful members society is deprived of by this tantalising complaint; and humiliating to see how poor fallen humanity will submit to the agonising pain, rather than abandon some mere lustful and temporary indulgence.

In the slow and crippling deposits of RHEUMATIC-GOUT great benefit is often derived from taking *Carbonate of Lithia* 2 grains, in a half-tumbler of *Soda Water*, or with 60 grains of effervescing *Citrate of Magnesia*, three times a day. The effect is chemical; the *Lithia* acting on the *Urate of Soda*, of which the deposit mainly consists.

GROWTH.—While children and youth are growing, how common to be giving wine or bitter beer to assist and strengthen. Nothing can be more pernicious. The material of healthy growth is (for the most part) *Albumen*, and between this and alcohol there seems to be a deadly enmity. Let a drop of alcohol clutch an albuminous corpuscle, floating alive in the blood, and its living power is sure to be diminished if not extinguished. How does the blacksmith get the muscle of his arm, the opera dancer that of his legs, and the pugilist the tone of his whole body? Out of alcohol? Not a fibre nor a grain of it. Air and exercise promote their digestive powers, and direct the nervous energy and the blood material to the necessary parts of the machine, and behold the wonderful result! Alcohol disturbs all this beautiful natural arrangement. Fond parents are blind in this matter, and family doctors are only too anxious to please them.

The competitive examinations are beginning to tell, and will in a few years more show us the youth who have been nursed and reared without alcoholising their brains.

HABIT.—It is sinful for any to form a habit which they cannot at will alter or break off entirely. Two of the habits which obtain ascendancy over their victims are those of using alcohol and tobacco. The one leading to Drink-madness (*Dipsomania*), the other to Paralysis. When this last attacks, there goes the wretched idolater with a lame leg, a palsied arm, a stuttering tongue, a softened brain,

and a forgetful memory! And yet he may go on even in church membership, and be an object of sincere compassion. The truth is, he is as surely the victim of *intoxication* as any reeling drunkard in the world. With articles that possess such properties our Creator intends that we have nothing to do. The contracting of the habit is wickedness.

It is consolatory to know that bad habits can be abandoned at once and for ever with perfect safety. The miserable *feelings* that accompany their relinquishment are *but* feelings, and not real disorders. Nature rightly inflicts a penalty which must be paid for transgression.

We are shocked when we hear sensible and good people expressing an opinion that a bad habit must be given up little by little. Such is not God's way, and *He* knows best.

HEADACHE.—If from fullness of blood, relief will be obtained from spare diet, and opening medicine. *Sulphate of Soda* $\frac{1}{2}$ oz. in a teacupful of weak *Ginger Tea* may be taken fasting for a few mornings.

Headache from deficiency of blood will be relieved by iron. *Ammonio-citrate of Iron* 5 grains in a little water three times a day immediately after meals; and every second night *Aloes* and *Extract of Henbane* of each 3 grains in a pill. Or in occasional *Nervous Headache*, 2 oz. of *Camphor Julep* taken three times a day, will be of benefit.

Considering that *Headache* has to do with the brain, we cannot be too scrupulous in avoiding alcohol, the great foe to a regular and healthy structure of the nervous system.

HEART.—I do not know a single disease of this great central organ to be benefited by alcohol.

If organic change be going on in it, the point to be aimed at is to give it as little work as possible. Plain diet, quiet living without violent or sudden exertion, and as little fluid of any kind drank as possible, may keep the blood good in quality, and *as little in quantity* as is consistent with tolerable health.

'Tis madness to spur on the fluttering laboring thing with strong drink.

If pulsating feebly without organic change the natural tonics and

stimulants will be sufficient. Or to air, exercise, diet, and clothing, may be added some mild form of Iron. The *Compound mixture of Iron* 1 oz. twice a day; or a wineglassful of *Camphor Julep* twice or thrice a day.

Ladies, old and young, have applied to me and informed me, in the course of consultation, that they were recommended by their physicians to drink champagne (!) or other *light* wine for an affection of the heart. No doubt there was affection of the heart; but it was covetousness in the heart of the doctor, and not mischief in the heart of the patient.

HEART-BURN.—The consequence of irritation of the stomach, thus brought to secrete an impure too-acid gastric juice. The diet must be seen to, spices and alcoholics abstained from, and the bowels regulated with a *Compound Colocynth pill* taken at bedtime. If persistent try *Elixir of Vitriol* 10 drops in a wineglass of cold water three times a day an hour before meals.

Soda, Magnesia, Chalk, and such like give temporary relief; but seldom cure.

HECTIC FEVER.—Comes on in the course of a slow wasting disease, in which pus is secreted. If sufficient strength remain, and the paroxysm be not in the night (it is most common in the early morning), it is a good plan to anticipate it with a tepid sponging and rub, and to dress and sit up.

The amount of perspiration is sometimes checked by Gallic Acid 2 grains three times a day. See LUNGS.

Port wine (the common resource) increases the perspiration, inasmuch as Nature eliminates some of the alcohol through the skin—a kind of skin purging, to coin a word—which seems to have lost the power accorded to it by Dr. E. Smith, that of restraining moisture under the presence of alcohol.

HEMORRHAGE.—Bleeding. If from a wounded artery, the vessel may require a ligature. From the nose it is mostly arrested by cold. Else roll a piece of wet lint as large and as long as the patient's finger, and thrust it up the nostril as far as the patient can well bear. If the blood is vomited (from the stomach) there is very

likely liver disease, which may have to be treated with blue pill, dandelion, and purgatives.

If coughed up from the lungs it may be a sign of consumption, or of heart disease.

If discharged from the bowels it may come from hemorrhoids, or from ulceration in the tract of the intestinal canal.

If during pregnancy, or soon after childbirth (FLOODING) it may be a serious matter. Pressure, local application of cold, position, warmth to the extremities, and the administration of Ergot of rye, or an emetic of Ipecacuan (the last advised by Mr Higginbottom) will all have to be borne in mind.

In these cases medical or surgical advice will be sought, and the only point to be considered here is how to do without alcoholic stimulants.

It seems rational that when a person is losing blood fast, the blood left in the body should be kept as pure as possible. Now alcohol corrupts the blood, and does so, we know, in a carbonising (that is devitalising) direction. The loss of blood entails the loss of heat, and the patient cools rapidly. Alcohol lessens animal heat, as we see by the thermometer, so far is it from being a ready-made easily-burnt fuel. These two particulars (relating to the blood and heat) contra-indicate the administration of spirits.

There remains a third point. The heart is failing through want of its natural stimulus. Is not alcohol an artificial stimulus to be called in until more of the natural one can be got? We say, emphatically, No! The devitalising effect on the blood and the diminished temperature through the whole *capillary* system, more than counterbalance by depression any direct stimulant action of the alcohol on the nerves of the heart.

We have seen the inability of alcohol to preserve life under these trying and rapid circumstances, and we should expect much more benefit from the following steps.

Horizontal position, head rather lower than the body. Apply the requisite pressure and *local* cold. Keep all the rest of the body well covered with blankets, and if at hand use some bottles of hot water for the chest and extremities. Administer hot tea and gruel; and in warm water 60 grains of *Compound Powder of Cinnamon*, repeating 30 grains every 10 or 15 minutes for a few times. This treatment may follow the action of the emetic, if it has been

thought right to administer one ; or it may be accompanied with Ergot of rye, if circumstances demand *that* to be tried. The giving of hot nutritious liquids must be well followed up, with a spoon or the spout of a teapot, and on no account must the head be raised high for swallowing. Let in fresh air at both door and window, and keep up a brisk fire. Preserve the clothes next to the skin as dry as circumstances admit of, by stuffing in towels, and changing them when wet, without moving the patient.

Persevere, and these measures will be successful unless there is a fatal gush which lets life out at once. In such a case *nothing* avails.

One troublesome bleeding more : a tooth is extracted, and hemorrhage goes on for days. Wash out the mouth as clean as possible with cold water, and keep it open, that the air may have free excess. Then with a syringe inject *smartly* into the bleeding place, about two drachms of *Tincture of Muriate of Iron*. As far as I have seen, this *never fails* to arrest the bleeding.

Just to show how ignorance prevails and mistakes are made. I relate a case :—A young lady bleeding at the nose. The surgeon tries sundry things without stopping it. *She* grows worse and *he* more anxious. At last he takes his stand at the bed side with arrowroot and brandy, which he administers until there is no more power to swallow. All is over and the sisters are loud in the surgeon's praises for his *attention* and his *kindness* to the dear departed. Alas that these were insufficient to save life ! He ought to have known that the *starch* would not make new blood, and that the *brandy* would corrupt the old.

HICCUP.—If a symptom of *Hysteria* or of *Sinking* it must be treated accordingly. The ordinary transient Hiccup requires no medicine, or if any, *Sal Volatile* 30 drops in a wine glass of cold water. See HYSTERIA and COLLAPSE.

HOMŒOPATHY.—If any of our readers follow out this system, let it be fairly understood that *alcohol* is to be used in the very minute doses allotted to other drugs. If a Homœopathic practitioner order alcoholic wine by the glass, he is departing from the usage of his profession and shows himself unworthy of confidence.

HOOPING COUGH.—A disease of no danger unless complicated with inflammation. Of course alcoholics which tend to produce inflammation are to be avoided. In the debility of the last stage change of air is a specific. See BRONCHITIS.

An embrocation consisting of Oil of Amber, Battley's Sedative Liquor, and Olive Oil in equal parts affords relief, if well rubbed twice a day across the stomach and all down the spine. Two teaspoonfuls may be used at a time. Give internally two teaspoonfuls three or four times a day of a mixture containing *Salt of Tartar* 80 grains, *Ipecacuan* 10 grains, *Battley's Liquor* 5 to 15 drops, *Syrup* $\frac{1}{2}$ oz., *Camphor Julep* sufficient to make 4 oz.

HOPS.—The remarks of a modern physician may well be summarised here. It is matter of doubt (he says) whether the continued use of bitter beer is beneficial. Bitter tonics, generally, should not be taken too long at a time, and there seems no reason why bitter beer should be an exception to the rule. The practice therefore of taking it *regularly* is to be condemned as far as its tonic properties are concerned.

The impregnating of our *bread* with the bitter of the hop is sheer folly.

Ten or twelve days are long enough to take bitters as tonics. If continued longer without interruption they lose their effect or become injurious.

HOSPITALS.—The management and arrangement of these ought to inspire all classes with gratitude. As a matter of course, the experience derived from their ample resources and large field for observation greatly influences and directs the treatment of disease.

It is no secret that this influence is in favor of the use—both dietary and medicinal—of spirituous and fermented liquors; and it would be sheer hardihood to deny that not a few are put in the way of becoming drunkards by the drinks exhibited to them during their temporary sojourn in the Hospital.

To obviate the difficulty and diminish the risk of infecting, through Hospital practice, the general public with *alcoholism*, the enemy should be met with his own weapon. *Hospital practice without alcoholic drinks should be secured.* Until this is done, reformation in this direction will travel at a snail's pace.

The attack on the medical fortification of Strong Drink urged on (however bravely) by isolated practitioners favorable to Teetotalism, is but like a few riflemen discharging their firelocks against the stone walls of a battery ; some progress *may* be made, but stronger arms are wanted.

If a few hundred pounds a year could be secured for the establishment of a Teetotal Hospital (or Dispensary even) in one of our large centres of population, such a *great gun* would soon make a breach in the enemy's wall, through which the prey might be rescued from the mighty.

Is such a project an impossibility ? Shall Mesmerism, Homœopathy, and Hydropathy succeed, and Teetotalism plead in vain ?

Whether growing knowledge may enable the physician to dispense with drugs altogether, it is useless here to speculate on. All past time has seen them in repute, and as their exhibition seems likely to be protracted longer than we shall live, it will be our wisdom to seek to modify the common method so as to secure the plan which is certainly the safer for morals, and which, on trial, will be found we believe safer too, on the score of health and longevity.

HYDROPATHY.—We speak not here of establishments, or of Hydropathy as a system of treating disease. It is however desirable to direct attention to the likelihood of benefiting health by keeping the body clean within and without. The hydropathic practices are directed to passing water through the system, that by its solvent power it may minister to the removal of waste, and the removal of the parts necessarily worn out by living processes.

To mix alcohol with the water *must* be detrimental. The use of *tobacco* too is right over against the cleansing processes of Hydropathy.

HYSTERIA.—A Protean malady. The convulsions attending it may be stopt almost with certainty by free vomiting provoked by *Tartarised Antimony* 2 or 3 grains in a little warm water. When these are over *Jalap* 20 grains with *Oil of Peppermint* 5 drops should be given in a little treacle.

Many of the young (amongst whom this disease is most common) induce the paroxysm by taking indigestible food.

It may be aggravated by indulgence, and the means of its eradication are contained in the promotion of the general health.

Of course the sensitiveness of the Hysterical temperament requires to be soothed and blunted, and not to be spurred on and intensified by irritating the system with nervine stimulants.

A wine glass of *Camphor Julep* three times a day will often do good and is always innocent.

There is a mental as well as a corporeal treatment necessary for the Hysterical. It may be inferred from the remark, that such patients (especially if young) should be given to understand that no nonsense will be put up with. Kindly yet firmly, sometimes indirectly, let this be made known.

INDIGESTION.—(DYSPEPSIA) Digestion is a wonderful process, being no less than the preparation of *dead* matter to receive *life*.

The process consists of several stages and each stage is complex.

That part of Digestion which takes place in the stomach will be best treated of here.

The ability of the stomach to secrete healthy gastric juice is frequently interfered with by taking spices and alcoholic drinks. These cases of uneasiness, distension and sometimes pain, are cured by abstinence with the addition of an emetic of *Ipecacuan*, and the next night and morning a *Blue Pill* and *Senna Draught*; and while the commonest rules of diet are observed, freedom from attack remains.

Inability to digest ordinary food may have its origin in *weakness* of the organ, as well as of the whole system. Here a *mixed* plan is to be pursued. The food is not to be too much reduced, and tonic medicines are to be given. Let the diet consist of plain fare as is sketched under *Diet*, and let a mixture of *Compound Mixture of Iron and Camphor Julep*, in equal portions, be taken, 1 oz. three times a day after meals.

This plan with an *additional* amount of exercise, and of friction to the skin, is also to be followed in that form of Indigestion which is attended with lowness of spirits, and technically called *Hypochondriasis*, in which too *Ipecacuan* 30 grains should be given as an emetic, weekly or fortnightly, for three or four times.

If these measures do not relieve the *Hypochondriac*, there will be

reason to suspect organic change in the liver, and this change may prove permanently depressing.

Considering the action of alcohol on the food, on the gastric juice, on the stomach, and on the liver, there is not any form of Indigestion in which it can be expected to do good.

The over-worked will not credit this, and refer to their feelings on taking their beer, wine, or spirit, as proof to the contrary.

The answer to them is very easy. They have chosen an improper mode of living, and when Nature gives the kind warning of their mistake, they deaden her susceptibility and defy her authority by means of alcoholic stimulation.

It can only be said they have chosen a path which to them is *pleasanter*, though it leads to a premature grave. The total of their enjoyment is far below that of the consistent abstainer.

Nervous Indigestion, the chief symptom of which is a sinking or dying away at the stomach, is a most trying ailment. The patient is for ever eating, or trying to, without, we may be assured, being thereby satisfied.

The complaint is most common in women who have borne several children.

The cure can only be hoped for from rigid adherence to dietary rules, taking plain food, and that only at regular intervals of not less certainly than four hours. The cold sponging must be used every morning with plenty of friction; or the shower bath used. In some cases of *chilliness* warm water may be necessary.

For medicine take *Bicarbonate of Potass* 15 grains in *Decoction of Peruvian Bark* 2 oz. three times a day, or *Compound Mixture of Iron* $\frac{1}{2}$ oz. three times a day may be tried.

I am sorry to add that many a case of this description goes into drunkenness, through the temporary relief afforded by alcohol to the sinking.

We close with a caution. Let those who have weak digestion beware of purgatives; or the wood of their pill boxes may soon be sufficient to make their coffins!

INFANCY and CHILDHOOD.—The assault of alcohol on the infant commences, where the mother drinks it, before birth. Let it be remembered that where the blood goes there goes the alcohol too.

Soon after birth, and as part of the first washing, &c., it is not

uncommon, with an ignorant nurse, to apply spirits outside and inside too! It should be prevented, and the easiest way is to have none within reach.

The next danger is that the little stranger gets alcohol in the mother's milk, to whom very likely it was administered during and after labor.

If all these are escaped, the babe may get wind and hiccup, *then of course* a teaspoonful of gin will be put into the pap.

All this is unnatural and cruel. An infant wants only its mother's milk, and that pure. If an addition to that be necessary let it be of cow's milk fresh, to which are added one-fourth of hot water and a very tiny bit of sugar, just to flavor, but not enough to sweeten it. If more still be desired, baked flour, or boiled bread, or sago, may be added to the milk and water.

The *flatulence* of infancy comes generally from irritation of the lining of the stomach by the presence of improper food giving rise to acidity, and preventing the secretion of healthy gastric juice. Of course the food is the thing to be altered, and not the stomach to be goaded to greater irritation by alcohol.

If a medicine for flatulency seems to be imperatively called for, one teaspoonful of the following may be given three times a day. *Calcined Magnesia* 40 grains *Carraucay (or Dill) Water* 1½ oz. mixed.

If diarrhoea be present, substitute Prepared Chalk for the Magnesia; and add a little Isinglass to the food.

If there be *colicky pains* (Gripes) from 3 to 6 grains of *Compound Powder of Ipecacuan* put into the mixture, will give ¼ to ½ grain in each dose.

If milk appear in the infant's breasts the fashion is to apply brandy, though at the risk of making a simple matter troublesome. Foment with warm water and after it anoint *very gently* with a few drops of Camphorated sweet oil. If inflamed, apply warm a slice of soaked bread. After the child is weaned, don't rush on to animal food, but be content with milk, farinacea, and ripe fruit, until *active bodily exercise* may assist in the digestion of flesh meat.

Let in all the *light* both day and night, though there is no need of turning the eyes to the sun. Potatoes and other roots *grown in the dark*, show under the microscope, the kind of diseased material, *which in Man forms tubercle*.

Don't put on a veil, unless you wish your child to squint; and the muff is for old women, and not for children. That any mother should restrain the motion of her child's arms, and so, incidentally, of the chest, is proof that she might do with less vanity and more sense. Children are not made to be hand-cuffed, though it be with sable or ermine! Over little ones so treated comes that dullness, which of course must be expelled with *wine*! When it ought to have been put to flight by *fun*.

One condition of Infancy requires a specific mention. There are instances where the mother has plenty of milk, and the babe sucks heartily, and yet withal is thin and fretful. The sleep is not tranquil and the flesh is soft. The explanation is, that from some cause or other (not always easy to detect,) the infant does not convert its food into chyle and blood. The milk may be wrong in quality, or the digestion imperfectly performed. On inspecting the stools they will be seen to be of a dirty white, or yellowish, or green color, and to consist very largely of shreds or curds of milk not dissolved or broken up. The child is as if it were starving, and always hungry. The remedy for this state of things is easy. The milk must not be suffered to form into such tough curds in the stomach, and it can be prevented from doing so by feeding with more spoon meat. Sago or bread must be boiled in water, until, when cold, it forms a stiff jelly, and then have as much warm milk added as will bring it to a consistence proper for use. A little of this given, and the breast to follow immediately, will improve matters in a few days.

The misfortune is that instead of seeking relief through an alteration in the food, all sorts of spirituous cordials and quack medicines are resorted to.

INFLAMMATION.—The medical practitioners who prescribe alcohol in the acute stage of any inflammation are few. They are, for the most part, disciples of the late Dr. Todd, whose views will be found given at large in his vol 3, "*On the treatment of acute disease.*" Briefly they may be expressed thus: Inflammation is an attack on Nature by some foe, against whom she has to be supported. Support best comes from digested ordinary food, but as digestion is interfered with by the attack, and this support cannot consequently be got, it is good to provide a substitute. This substitute is found

(says Dr. Todd) in alcohol, which is a kind of ready-made combustible food, and can be got into the system *without digestion*, and is therefore appropriate in these cases.

The mortality amongst the patients so treated, it may be observed by the way, was high, and Dr. Todd himself fell a victim to disease of the liver and stomach aggravated by alcohol.

Since the demonstration by the French physicians that alcohol is not an aliment but a poison, and that it is not burnt in the system, but eliminated undecomposed, the very foundation of Dr. Todd's treatment has been cut away, and the superstructure totters to its fall.

The sequela of inflammation, whether effusion, suppuration, or mortification cannot be successfully combated with alcohol. The more appropriate measures must be sought for under the respective headings.

INFLUENZA.—Epidemic. The debility which attends this disease leads in very many cases to the employment of wine and other such stimulants. This practice is unnecessary and injurious. For the first few days (from five to ten) while inflammatory symptoms are present, confinement to bed in a warm, *but well-ventilated*, room, with plenty of warm drinks, and diet of farinaceous puddings and broth, the bowels being relaxed with a dose or two of Rhubarb, will be all that is necessary. For the debility that succeeds, $\frac{1}{2}$ oz. of *Compound Mixture of Iron* with 5 grains of *Carbonate of Ammonia* in it, three times a day, is all but a specific. If cough lingers and is troublesome it will require *Oxymel of Squills* 1 dram, *Battley's Liquor* 4 drops, in $\frac{1}{2}$ oz. of *Camphor Julep* at bed-time, and perhaps three or four times in twenty-four hours. Or the following will be found pleasant and efficacious: Almond Oil, Vinegar of Squills, Syrup of Poppies, and Liquor of Acetate of Ammonia each 1 oz., Yolk of one Egg, beat all together and add Cinnamon Water sufficient to make 8 oz. Take a tablespoonful frequently when the cough is troublesome.

INSANITY.—The most fruitful cause of this dreaded affliction is the use of alcohol. Many cases which might be cured are rendered incurable by this same instrument.

In Asylum returns, the cost of drugs increases with the cost of

fermented drinks, which means that there is more disease requiring drug-treatment, and of course there follows a higher mortality.

Examination after death shows such conditions of the brain as are sure to be aggravated by the introduction of alcohol into it.

Were there no "mad doctors," as well as patients, every insane person would be a total abstainer from brain poisons.

INTEMPERANCE.—A sin of *degrees*, committed when the natural laws ordained to regulate our food are transgressed in regard to either the quality or the quantity of what we take. Brain poisons, as alcohol, opium, and tobacco, *cannot* be fit for dietary or ordinary use, and so to use either of them is to be guilty of Intemperance.

This sin may be compared to a railway which has many stations. A few we name. Comfort station, Excitement station, Topsy station, Drunk station. Very many travel on the line who do not go so far as the last-named station. The sin begins however when the line is entered on, that is when the intoxicant is first taken.

The cure of Intemperance, as a bodily ailment, is simply to leave off the intoxicant. Murchison remarks :

"Habitual intemperance deranges digestion, impairs nutrition, prevents the proper oxygenation of the blood, causes degeneration of the animal tissues, and lowers the tone of the nervous system. It is not surprising, that under such circumstances, the body becomes more susceptible of the poison of typhus. It was shown by Craigie and Davidson, that more than one-half of the patients admitted with typhus into the Edinburgh and Glasgow Infirmaries, had led intemperate lives."

"A single act of intemperance may also predispose to typhus, persons who would otherwise escape. I have known several instances of persons exposed for many months to the specific poison in its most concentrated form, who were not attacked until immediately after a debauch. There is no greater error than to imagine that a very liberal allowance of alcoholic stimulants fortifies the system against contagious diseases."

IRRITABILITY.—Excitement easily produced because the party is weak.

It can be soothed by measures that restore tone and strength.

It may be *deadened* by opium, tobacco, or alcohol, but when the

effect of the drug passes off, the patient is as bad as before ; either of these therefore should not be taken.

JAUNDICE.—The liver has formed the bile, which instead of flowing, as it ought, into the intestine, is absorbed into the blood, tinging yellow the eyes, skin, nails, &c. The jaundiced eye does not see things yellow.

It is best treated with an emetic of *Ipecacuan* 30 grains, and after that, with a mixture of *Sulphate of Soda* 3 drs., and *Carbonate of Soda* 2 drs., *Infusion of Senna* 8 ozs. The dose, $\frac{1}{2}$ oz. three times a day.

Alcohol exerting a special influence on the liver (as we shall see by and by), has to be carefully abstained from. The diet should not contain either fats or sweets.

If jaundice, as is often the case, is a mere symptom of organic disease, that of course must be sought out and treated. See LIVER.

KIDNEY.—It is impossible to give a minute description of this organ which shall be understood without plates. A very general one is this : the organ consists of three principal parts ; 1, the cortical or outer ; 2, the tubular or inner ; and 3, the pelvis, hollow, or basin. Its office is to purify the blood by the secretion of urine, a liquor holding in solution the nitrogenised refuse of the system.

The kidney is a kind of valve to regulate the quantity of water in the blood, it being desirable that this vital fluid should be neither too thick nor too thin. Hence the kidney acts in concord with the drink and the perspiration.

Besides this which may be called its *mechanical* office, the kidney has also (as other glands have) a *selective* power. This last enables it to secrete, or separate from the blood, such materials as are intended to be got rid of through this outlet.

Alcohol has a tendency to destroy, and does destroy in numberless instances, this selective power of the kidney, so that instead of the gland performing its proper duty, it will strain off the serum of the blood, and we have *Albuminous* urine, or in technical terms, *Albuminuria*. Albumen is the grand building material of the body, so here is presented a medical paradox, the patient has a good appetite and digests well, and yet he is wasting to death.

The presence of albumen in the urine may be detected by heating

a little in an iron spoon over the flame of a candle ; as soon as the liquid boils, the albumen coagulates.

This kind of urine is not uncommon after *Scarlet Fever*, and is a never absent symptom of what is called "*Bright's Disease*." Whenever it prevails, alcohol, in all its forms, is to be shunned as so much poison. See *Dropsy*.

LEAD.—In either *Lead-colic* or *Lead-palsy*, spirituous liquors are to be avoided. A person whose occupation is with any compounds containing this metal should drink daily, at different times, $\frac{1}{2}$ pint of pure water into which has been put 2 drops of *Oil of Vitriol*. If costive, his aperient should be 2 or 3 drachms of *Sulphate of Soda* dissolved in a cup of Ginger-tea. The relief of *Wrist-drop* will come (if from any thing) from repeated blisters applied to the part, in addition to the above general treatment.

LEG.—Swelled Leg, or White Leg, from its pearly look, (*Phlegmasia dolens*) generally a complaint of the lying-in woman. It consists of inflammation in the veins, and is always troublesome, sometimes dangerous. The treatment consists in the application of leeches, fomentations, and linseed-meal poultice to the seat of the pain, nearly always the thigh, near the groin. When the pain is subdued, friction with *Camphorated Liniment* will be advisable, and a long flannel bandage down the thigh and leg. *Saline aperients* must be given, and as a diuretic, 10 grains of *Nitrate of Potass* in a cup of Barley-water three times a day.

The diet must be good but not stimulating.

Recovery is tedious ; for the rest, see *CONVALESCENCE*.

LIFE.—The following is a learned author's definition.

"The definite combination of heterogeneous changes both simultaneous and successive in correspondence with external coexistences and sequences." (1)

Life is a precious boon which *Instinct* seems to drive us to protect from *immediate* danger, but which *Reason* seems careless to go further and *prolong*.

The average duration of Life in Great Britain is 38 years, or about one half of Man's allotted time. Of the causes which thus reduce the term of human existence, many are preventible, and

amongst these the common use of alcoholic drinks and tobacco. It is computed that the banishment of these two brain-poisons would add ten years to the duration of life in our country.

The voluntary relinquishment of alcohol points steadily in this direction. Teetotalers who assure their lives receive higher bonuses than the drinkers of alcohol, be they ever so moderate. The fears entertained by many as to shortening life by sudden and complete abstinence are completely groundless, however aged the abstaining party may be. There can be no fairer way of ascertaining the value of an article than by bringing it into the open market. Life is a marketable article, and that teetotalism does not depreciate its value I shall here show by putting the following correspondence on record.

The question proposed by me was: If your Medical Examiner answered the question relating to a proposer's habits and diet thus,

A. B. is a Teetotaler, and has been for the last five years:

Would your Office deem it necessary on that account to charge an increased premium, other things being favorable?

I received the following answers:

*Albert Medical & Family Endowment Life Assurance Company,
7, Waterloo Place, Pall Mall, London, S.W.*

SIR,

In reply to yours of yesterday I beg to state that this Company does not charge an extra rate for Teetotalers.

FRANK EASUM.

*Atlas Assurance Office,
92, Cheapside, London, E.C.*

SIR,

In answer to the enquiry enclosed in your favor of the 8th instant [December, 1862], I have pleasure in stating, that this Office does not make any encreased charge for a person whose life is proposed for Assurance adopting Teetotal principles.

CHAS. ANSELL.

*Briton Medical and General Life Association,
449, West Strand, London,*

DEAR SIR,

In answer to your favor of yesterday [8th Dec., 1862], I have the pleasure to state that we shall not require an extra premium on the assurance in question, provided the life come up to the ordinary standard of health. I enclose proposal form, and trust I may soon have the pleasure of hearing further from you in this case.

JOHN MESSENT.

*Clerical, Medical, and General Assurance Society,
13, St. James' Square, London, S. W.*

SIR,

In reply to your note of yesterday's date [15th January, 1863], I beg to inform you that the practice of "total abstinence" by a person proposing to assure his life, would *not* be considered a ground of increase in the premium.

GEO. CUTCLIFFE.

*Equitable Assurance Office,
London.*

SIR,

In reply to your enquiry I beg to inform you that we should not reject a life simply because he or she was a Teetotaler, if otherwise unexceptionable.

It is not our practice to charge extra rates.

JNO. STEPHENSON.

Globe Insurance Company.

Certainly not.

FRED. HENDRIKS.

*Law Life Assurance Office,
Fleet Street, London, E. C.*

SIR,

In reply to yours of yesterday [8th December, 1862], I have to state that this society in but very rare instances effects assurances at special rates of premium, and in no case has it required an extra charge on account of the party whose life is to be assured being a Teetotaler.

WM. DOWNES.

*The Mutual Provident Alliance,
6, Albion Place, Blackfriars' Bridge.*

SIR,

If every thing were favourable in the case of a person proposing to assure in this Office, both *before* and *after* he became a teetotaler, it would not be deemed necessary to charge an increased premium, merely from the circumstance of the applicant having been a teetotaler for the last five years.

CHARLES BURLS.

The Provident Life Office would not charge an extra premium on account of a proposer being a teetotaler, but would rather consider it a point in his favor.

J. HODDINOTT.

*Scottish Widows' Fund,
Life Assurance Society.*

All other things, including those antecedent to the Teetotalism, being favourable, certainly not.

— ANDERSON.

Wesleyan and General Assurance Society.

Should our Medical Examiner report that A. B. is a Teetotaler, and has been so for the last five years, we should not, most certainly, deem it necessary on that account to charge an increased premium.

JAMES ENGLISH.

* * The original letters, with their official signatures, are all in the author's possession. *June, 1863. H. M.*

LIGHT.—It is necessary to growth and health, and a full supply of it should therefore be secured in common with air and water.

Dark dwellings and spirit drinking act and react on each other.

Light is particularly valuable to convalescents; and its regulation has to be attended to in all affections of the brain, when, for the most part, all the five senses have to be humoured and guarded from disturbance and excitement.

LIGHTNING.—A person stunned may be treated as for shock, or for suspended animation from drowning, or from carbonic acid gas. All of which see.

A body killed by lightning stiffens in the regular way; and the blood, too, coagulates as usual.

LIVER.—The largest internal organ, weighing from three to four pounds. The blood of the spleen, stomach, and intestines, gathered into one channel (*vena portæ*), is distributed again through the liver and again gathered in the hepatic veins to be discharged very near the heart into the general current of blood. During the distribution of the blood in the *vena portæ* the bile is secreted from it and poured into the Biliary Ducts, which empty it into the intestine. Thus the blood vessels and the bile ducts lie alongside of each other in the liver.

Alcohol drank is rapidly absorbed by the veins of the stomach and at once carried by the blood into the liver. In this organ it excites (particularly if drank in the form of spirits) a slow inflammation, which is attended with a deposition of coagulable lymph. This lymph itself hardens and shrivels; thus it puckers and knots the surrounding parts, hence comes the gin-drinker's, or as it is often called, the "hob-nailed" liver. By and bye jaundice, or dropsy, or both, follow, and death is not far behind.

Sometimes there goes on at the same time with the hob-nail formation, the process of fatty degeneration, producing this paradoxical condition, the real substance of the liver grievously lessened, the size of the whole liver prodigiously increased.

The sallow complexion of the alcohol drinker is well known, the liver is crippled and cannot do its office of purifying the blood.

Melancholy (which means *Black Bile*;) is a frequent attendant on diseased liver.

The great provocation of action in the liver has been thought to be *Mercury*. Likely enough this is a mistake, and that the preparations of this metal act only on the liver in as far as they have purgative properties.

Residents in India suffer as much from drinking alcoholic liquors as they do from the climate, the enervating effect of which last impels them to seek relief in the fatal stimulant.

It may be laid down as a rule, that whenever illness is complicated with diseased liver, alcohol in any form is inadmissible.

Relief must be sought through diet and exercise, with *Sulphate of Soda* or other saline, taken largely diluted, say 2 drachms in a half-pint of warm water.

If there be loss of appetite, or scanty high-colored urine, 20 drops *Dilute Nitro-muriatic Acid* in 2 oz. of *Decoction of Dandelion Root* should be taken three times a day; and friction with dry mustard freely used over the region of the liver. See BILE, INDIGESTION, JAUNDICE.

LUMBAGO.—Rheumatic pain in the large muscles of the back, often improperly treated with spirit and water. Apply for ten or twelve hours hot wet bran; act on the bowels with 8 grains of *Compound Colocynth Pill*; and give each night, in a wine glass of warm water, a dose consisting of *Compound Powder of Ipecacuan*, *Nitrate of Potass*, and *Compound Powder of Cinnamon* each 10 grains. Drink plentifully of barley water, and rub the loins with an embrocation of Olive Oil, Soap Liniment, and Turpentine in equal parts.

LUNGS.—Two large spongy masses attached to a long, cartilaginous tube—the windpipe [trachea]—at the top of which is the apparatus for the voice [larynx]. The lungs are covered with

a smooth glistening serous membrane [pleura]. They are lined with a whitish velvety lining [the mucous membrane of the bronchi and air cells]. Between the covering and the lining is cellular tissue, carrying blood-vessels, nerves, lymphatics, &c., and called the parenchyma or parenchymatous substance.

Inflammation of the covering is PLEURISY which see; of the lining, BRONCHITIS which see; of the parenchyma, PNEUMONIA.

Either one of these may be present by itself, or either two, or all three together. Symptoms guide the practitioner to decide which part or parts are diseased, and the stethoscope renders the diagnosis easier and more certain.

In *Pneumonia* it is the fashion of some to give brandy from the commencement. A practice which, as it appears to us, helps to a fatal, rather than a favorable, issue of this formidable malady, the essence of which is an exudation of solid lymph into and between the air cells. The mortality of *Pneumonia* is much higher in towns than in rural districts, through the less robust constitution of the patient, and the greater impurity of the air he has to breathe. The medicines most successfully employed are Tartarised Antimony, Calomel (with or without Opium), and Liquor of Acetate of Ammonia; with gentle purging and counter irritation or derivation by aid of bran *long continued all over the chest*. The diet to be by no means abstemious, but nutritious, (broth, toast, milk, barley, ripe fruit, &c.) without stimulants.

It may be mentioned that some practitioners of eminence discard both Antimony and Calomel in their treatment of *Pneumonia*, and prefer to rely on a plan similar to the one sketched under *Pleurisy* (which see). Dr. Tanner recommends *Castor Oil*, if necessary; the temperature not to be allowed to fall below 60°: $\frac{1}{2}$ oz. or 6 drachms of *Liquor of Acetate of Ammonia* every 2, 3, or 4 hours, according to its action on the skin, with or without a few drops of *Wine of Colchicum*; and small doses of *Opium*, if there be pain and restlessness. The vapour of *Chloroform* to be used occasionally to relieve cough and dyspnœa. When the constitution is feeble, a draught with excess of Ammonia to be given. At the same time poppy-head fomentations, &c. (as in *pleurisy*) to be used.

It seems to be well ascertained that while *Pneumonia* is severe and going worse, *Chloride of Sodium* is not found in the urine. As soon as the inflammation stops, and the disease begins to diminish,

the Chloride reappears in that secretion and encreases until it arrives at its normal quantity of 3 drachms in 24 hours. *Giving a speedier indication of amendment than even the stethoscope.*

Such consequences as Hepatization, Ulceration, and Effusion can only be discerned and understood by the trained practitioner, but the complaints just named lead to the consideration of a few points in the treatment of the chronic, or more lingering, forms of diseased chest.

SPITTING OF BLOOD (Hæmoptysis) may vary from a mere streak to a quantity threatening life at a stroke. Its cause is manifold. Sometimes the blood pours out from the surface of some portion of the mucous membrane, as it does in bleeding at the nose. Such bleedings are of little moment. Sometimes there is inflammatory engorgement of a portion of lung, and a blood-vessel bursts and pours out its contents. This is more serious, but is sure to be soon relieved, *if properly treated* by spare diet, brisk purging with salines, and large doses of foxglove, with perfect rest for a day or two. Alcohol is contra-indicated and fortunately is seldom stumbled on, in these two varieties. A third cause of Hæmoptysis is *Tubercle*, and this brings under notice the most important of all the diseases connected with the organs of respiration.

CONSUMPTION kills in England 55,000 persons annually, or about one in five of all who die! By *Consumption* we mean ulceration of the lungs, and this arises (chiefly) from two causes; 1st., an attack of inflammation which has left behind it *solidification* [HEPATIZATION] of more or less lung. The solidified part has only a reduced vitality, so that after a while it dies, softens, and is expectorated. The process wearing life out. 2nd. By far the worst cause of *Hæmoptysis* however is *Tubercle*, giving rise to what is Consumption par excellence, *Tubercular Consumption* [PHTHISIS TUBERCULARIS].

Tubercle is a kind of cheesy, dead material, found first floating in the blood, and afterwards deposited on the mucous surface [lining] of the lungs. It may vary in size from a pin's head to a walnut, in fact the whole lung may present a mass of it. The chief constituents of *Tubercle* are Albumen, Fibrine, Gelatine, and Water in proportions not far from equal, and in every 100 parts there are about 2 parts of earthy matter, Phosphate, Carbonate, and a little Muriate of Lime.

This dead matter, once deposited, is never taken back again into

the system, but it may lie dormant through a long life. Mostly however it irritates and inflames the surrounding lung, and thus gives rise to the *first stage* of Consumption; indicated principally by chilly feverishness, shortened breath, and cough. The moisture poured out by the inflamed part softens the tubercle, and the lung ulcerates at the same period. The expectoration, frothy before, is now mixed with yellow bits of *pus*, and this is consumption in its *second stage*. The disease progresses, the ulcers enlarge, coalesce, and form cavities, hectic fever is established, and diarrhoea with thrush may close the scene; this is the *third stage*. To go through all its stages in less than three months is *galloping Consumption*, commonly it occupies not less than nine months, and sometimes takes years.

The great aim with those who have any tendency to *Consumption* should be to raise and sustain *the vitality of their blood*, so that this fluid may keep alive its own component parts. Alcohol is a *devitalising* agent; and introducing it into the blood is one way to *increase* the tuberculous material, if any be already there; and to put material to death if it be circulating with only low vitality.

The preventive treatment will consist of pure air by *night* and day, liberal diet with considerable variety, and exercise with early hours. The clothing to be warm but airy. The medicines (if any) may be *Compound Mixture of Iron* $\frac{1}{2}$ oz. three times a day, and a dessertspoonful of Cod-liver oil twice a day.

In the second stage the same medicine may be taken; to 8 oz. of the mixture 2 drachms of *Pill of Squill* being added. (This is far from an elegant mixture, but its efficacy atones for its appearance). Any troublesome cough has to be quieted with Morphia.

In the *night sweats* of the *third stage* a draught containing *Tannin* 1 grain, *Nitric Acid* 2 drops, and *Lupulin* 4 grains, repeated 3 times a day, is valuable; or the *Oxide of Zinc* may be tried.

For *diarrhoea* a powder is recommended, *Trisnitrate of Bismuth* 5 grains, *Magnesia* 2 grains, and *Gum Arabic* 3 grains to be repeated every four hours.

The subject of *Consumption* cannot properly be dismissed without a few words on Cod-liver oil; the use of which is without doubt, beneficial in a majority of cases, and the greatest improvement in the treatment of modern days. It is contended, by a few, that

other less nauseous oils are equally trustworthy, but the best authorities say "no" to this.

Amongst the dissentients to the use of Cod-liver oil in Consumption is Dr. Gardner, who maintains that it often lays the foundation of fatty liver, and often in consumption stuffs up with fat the parts of the lungs upon which life lingers.

This however would seem to be from its abuse, and the too large quantities taken. If the object in giving oil be to secure a normal condition of the blood as to its fat, and if the proportion of fat in healthy blood averages only 3 in 1000, surely the prescription of $1\frac{1}{2}$ oz. to 2 oz. or even 3 oz. of oil daily for weeks and months without interruption must be injurious, as it is certainly unnecessary and unscientific. If a consumptive patient get no good from 1 teaspoonful three times a day, or a dessertspoonful twice a day, nothing but mischief can result from taking larger quantities.

A short explanation may be interesting to the general reader.

The blood in health always contains *fat*, from 2 to 4 parts in 1000. In the scrofulous (consumptive) habit this fat is deficient, and, for want of it, the building materials of the body seem not to possess some quality necessary for Nature's laying them (so to speak) in their place *coherently* and *strongly*. Hence a weaklier frame. The molecules (small grains) of the chyle and blood are globules of fat with a coating of albumen. Wherever in the body fluid fat and fluid albumen come in contact these molecules are formed. Cod-liver oil is said to make up the fat naturally required. But it is worth a thought whether alcohol coming in contact, in the blood, with these very minute and delicate atoms [molecules] does not injure their albuminous coating. Lallemand and Perrin always observed an immense number of very fine drops of fat floating and shining on the surface of the blood drawn from an animal to which alcohol had been given. Query, was not this fat liberated from the nutritive material of the blood by the alcohol depriving it of its albumen? And further, would not the albumen, so deteriorated and forced away from the fat, be deprived of life and so prepared to be deposited as part of the *dead* tubercle?

We leave the speculation; and close this part of our subject by reminding the reader that if alcohol were either capable of preventing, or helpful in the cure of, Consumption, surely the oceans

of it consumed in this country would go a good way to root out the fell destroyer. Is it so?

It remains only to mention that Dr. Churchill, a physician of Paris, thinks he has found a nearly specific remedy for *Consumption* in a class of Salts—the *Hypophosphites*—and those of Lime, Soda, Quinine, and Manganese he highly extols, as capable of arresting the disease in the second, and even the third, of its stages.

Trial by British practitioners has not yet brought the desired result. But other medicines being confessedly palliatives merely, let us hope that science may, on further trial, find in these salts a more efficient instrument.

The following plan of diet may help to raise the fatty condition of the blood without the directer taking of oil. For breakfast take cocoa and a rasher of *fat* bacon. At luncheon take a sandwich of *fat* mutton or beef. At dinner take some melted butter, or meat rather fat, or some rich cheese. At tea take pretty much butter and cream. At supper take cocoa, or chocolate, and bread and butter.

In regard to this whole article (LUNGS) the reader must not be disappointed at the number of interesting things not to be found in it. The endeavour all through has been to keep to those points which usually are held to justify the use of alcoholic drinks, and, *in reference to these*, to put the afflicted and their friends on their guard against trusting to a reed, which will assuredly break and pierce the hand that leans on it.

MEASLES (RUBEOLA).—In addition to the characteristic rash and inflammation of the skin, the mucous membrane of the nose, eyes, windpipe, and bronchi is similarly affected. In ordinary measles it is only necessary to keep in a warm, but well-ventilated, room; sponge the skin daily with warm water, and take a mild dose of *Rhubarb*, or of *Castor Oil*. Stimulants are not admissible.

Sometimes the epidemic is of a malignant type, indicated by a faint-colored or blueish rash, rapid and feeble pulse, short breathing, and general prostration. The meaning of these alarming symptoms is, that *the specific poison is circulating largely in the blood*. In such cases the treatment must be with the saline powder described under *Diphtheria*, proportioning the activity of the treatment to the urgency of the disease. Warm and nutritious diluents must also be pressed, and double attention be paid to fresh air and sponging.

Aeration, and not alcoholisation, of the blood is the chief prop to lean on.

Measles are very apt to leave unpleasant effects about the eyes, ears, &c. The risk of these troubles is always greater when alcoholics have been taken. *Red Precipitate Ointment* is mostly sufficient for their cure. Mix 10 grains in 1 oz. of *Spermaceti Ointment*.

MEDICINE, the science and practice of. A learned author gives this testimony:—"The higher and educated classes in this country are the chief supporters of quackery, legal and illegal, patent and secret, and undoubtedly because they are ignorant of the simplest laws which regulate that frame, so fearfully and wonderfully made, in which God has placed them to dwell on earth."

This is specially true and appropriate as regards their ignorance of the nature and properties of alcoholic drinks. These blind leaders being followed by a blind multitude, there is much falling into the ditch.

The value commonly set on drugs, as to their healing properties, is too high. How frequently do we hear such questions as, "What's good for a headache?" "What's good for indigestion?" It should be remembered that the remedy depends on the *cause*. Ailments have different, and sometimes even opposite causes, and consequently require different modes of treatment.

Polypharmacy—too much drugging—is the bane of English practice.

MENSTRUATION.—Beginning from the age of thirteen to eighteen, will recur during from twenty to thirty years. Non-appearances of it [AMENORRHŒA], if from debility and want of blood, is to be treated as ANÆMIA, which see. If suppressed from cold, or other cause, in a habit not anæmic, purgatives and the warm bath, with lowered diet, will be indicated. *Glauber's Salts* 3 drachms in a tumbler of warm water, once or twice a day; or *Colocynth Pill* 8 grains at bed-time.

If too profuse [MENORRHAGIA], exactly the same plan may be followed, having strict regard to the condition and habit of the patient, viz., (1) anæmic; or (2) plethoric.

If difficult and painful [DYSMENORRHŒA], (a common occurrence),

the hot bath at the commencement of pain, and a draught of *Camphor Julep* 2 oz., with *Battley's Liquor of Opium* 20 drops in it should be taken, and the warm bed sought, indulging at the same time in plenty of warm drink, as tea, arrow-root, milk and water, &c. And in the interval may be taken *Bicarbonate of Potass* 3 drachms in *Decoction of Dandelion Root* 1 pint, and of this take $1\frac{1}{2}$ oz. twice a day.

The fibrinous clots which are discharged with such severe pain are aggravated by alcoholic stimulations.

Dysmenorrhœa may require surgical interference for its thorough cure.

In later life [CLIMACTERIC PERIOD] when the discharge is to cease, the best plan is to take some very gentle aperient for a long time. Say *Sulphate of Iron* 1 grain in *Colocynth Pill* 2 grains night and morning for two or three weeks. Then stop a fortnight, and begin again. Or if the patient be of full habit, *Glauber's Salts* 1 or 2 drachms in half a teacup of *Chamomile Tea* may be taken instead of the pills.

The "faint flushes" of this period are mostly relieved by a brisk purgative (Castor Oil or Senna) once a week, and on the other days take, morning and evening, 1 oz. of a mixture, *Sulphate of Iron* 12 grains, *Dilute Sulphuric Acid* 3 drachms, *Syrup of Orange* 1 oz., *Camphor Julep* sufficient to make 12 oz.

MERCURY.—Doubt is now thrown on the long-received opinion that preparations of this metal increase the secretion of the liver—the bile. The green stools which often accompany its use, are caused (it is now contended), not by an increase of bile, but by the sub-sulphide of mercury. Be this as it may, it is a valuable drug, having the power to prevent the effusion of coagulable lymph in acute inflammations. Another property is its action as an adjuvant in all the excretory processes. This last renders it valuable in fevers, syphilitic diseases, morbid deposits, &c. Its action as an adjuvant is counteracted by alcoholic stimulants, which therefore ought never to be taken during the administration of mercurials.

MILK.—The quality can be found by the aid of a cheap little instrument, the "*Milk Tester*," [Lactometer] invented by Mr. George.

"Milk is old man's wine;" this is a truth: "Wine (alcoholic) is old man's milk," is a lie. The explanation is, that as milk is good for man's first infancy, so, when he arrives at his second infancy, it is good for him again. See NURSING.

The composition of milk is—

	COW.	HUMAN.
Water	87.04	88.80
Caseine	4.26	3.82
Butter	3.13	3.04
Sugar	4.77	4.20
Mineral80	.14
	<hr/> 100.00	<hr/> 100.00

New milk is not so much superior, *in feeding qualities*, to skim milk as many suppose. The butter is the part removed, and for this a substitute may be found more easily than for the other constituents. When good skim milk can be got for a trifle (half-penny or penny a quart) let it by all means enter freely into the diet.

A beautiful account of the benefit derivable from *Milk* in some "nervous distempers" may be found in Cheyne on *The English Malady*.

MORTIFICATION. See GANGRENE.

NAILS. See ONYCHIA.

NATURAL TONICS.—The principal of these are Air, Cleanliness, Clothing, Exercise, Food, Sleep, and Temperature.

Each of these can be turned to.

Air, pure and fresh, should be sought through locality and ventilation. The admission of air should be through large and free openings to ensure a slow current, and not by narrow apertures necessitating swift motion and draughts. As most foul emanations *ascend*, outlets should be provided at the top of apartments.

Change of air is a valuable tonic. The removal to be to a locality of a different nature from the usual residence, as from inland to sea and *vice versa*.

Cleanliness can be secured by the sponge and towel if the bath be beyond reach. Something depends too on using *abundance* of water.

To wash in dirty water is not of much service. The *Turkish Bath* upon a time may be well had recourse to.

Clothing must be loose, *in order to be airy*, but it should also be warm for convalescents. Weak bodies cannot afford to part with heat freely. Fevers and such like are of course exceptional, during the hot period.

Exercise should be *up* to, but not *on* to, fatigue. In some cases it may be short and brisk, but in most the rule is gentle and longer. Out-door or in-door according to condition, complaint, and weather.

Food must be proportioned in both quantity and quality to the ability of the stomach to dispose of it. In sundry diseases mere drinks may be taken incessantly, but more solid articles cannot be disposed of more frequently than once in two hours, and seldom as often as that.

Sleep. Invalids should seek sleep (as long as they want long hours) in the early night, and not lie late in the morning. In order that the sleep may be refreshing, the bed should be airy, the room not darkened but the eyes shaded, thorough ventilation secured, quietness observed, and all conversation carried on in a gentle, *audible* tone, avoiding *whispering* as you would a plague. Secrets can be kept for another room.

NATURE.—The respective provinces of *Nature* and *Art* in the treatment and cure of disease are not easily definable.

Art makes large pretensions it is true, but *Nature*, after all, does the work; and this remark holds good in regard to acute diseases particularly. Very few are the diseases for which a specific remedy can be found amongst drugs. Medicines for the most part modify natural processes, and do not extinguish disease by a power inherent in themselves.

The knowledge of what a disease is going to do, and what termination it is to come to *if left entirely to have its own way*, is a most important part of medical education. Interference may be directed (by one so informed) to cut short, or to guide and modify. Drugging without paying attention to natural processes and auxiliaries is the practice of far too many, who are like men blind-folded and laying lustily about them with a club. They *may* knock down the offender, but friends too are oftentimes sadly mauled.

We advise our readers to peruse three books; viz., CHEYNE on

the English Malady; GULLY on the *Simple Treatment of Disease*; and FORBES on *Nature and Art in Disease*.

NERVOUSNESS.—Too great a susceptibility of impressions from causes found either within or without the body.

A large proportion of these often distressing cases are the exhibition of *bad temper*, extenuated to the victim, and sought to be extenuated to others, by a feigned name.

Where the *Nervousness* is real, amendment must be sought through nutritious diet, daily sponging, and friction *along the spine*, with plenty of open-air exercise, and cheerful company. *Camphor Julep* 2 oz. morning and evening will be beneficial: and if a stronger medicine be requisite, $\frac{1}{2}$ oz. of *Compound Mixture of Iron* three times a day for two or three weeks now and then. The bowels must be regulated with rhubarb, or senna, or oil, and *not by any aloetic pill*.

Many a case of *Nervousness* turns out most unhappily, through the temporary relief afforded by alcoholic stimulants, or by opium. At the peril of confirmed intoxication and ultimate ruin will either of these last be touched.

Nervousness or *Depression of Spirits*, is often traced to some sudden shock, as the death of a relative, the loss of property, &c. In ninety-nine out of a hundred of these cases, this shock is but the arrival of the complaint at a visible and trying point. *The real ailment is congested liver*, and that most likely through the use of alcoholics. Persons in this condition are mostly weak, listless, heartless, and *sleepless*. Their friends are constantly insisting that they must be kept up, and as constantly plying them with stimulants for that purpose. While the patient takes a glass of cold brandy and water to make him sleep, and sometimes finds it (as he says) "necessary even to take two glasses."

The doctor is often carried away with the stream. *He* certainly ought to have known better, inasmuch as the patient's congested face is a fair index of his congested liver. But then such sufferers are for the most part amongst the rich, whom it is doubly hard to thwart.

The cure will be effected by abstinence from alcohol in every form. By regular exercise, and morning bath with brisk rubbing; the medicine being a dose of *Tartarised Antimony* 2 grains in

strong *Infusion of Senna* 2 oz. to begin with; and afterwards *Compound Gamboge Pill* 2 to 5 grains each morning, fasting. *Camphor Julep* 1½ oz. may be drank twice or three times a day. The diet must be plain, and with very little of either fat or sugar in it.

It is exhilarating to see how the timid, moping creature rallies under this plan. But then himself and friends must have sense, courage, and patience to pursue it. See INDIGESTION.

NEURALGIA. TIC-DOLOREUX.—*Nerve Pain*. Avoid the exciting causes of damp, draughts of cold air, irregularity of hours, or of diet. In medicinal treatment; 1st—Commence with *Ipecacuan* 30 grains, and the next day a dose *Rhubarb* 30 grains *Ginger* 20 grains will remove any offending material from the stomach, &c.; 2nd—*Quinine* 2 grains made into a pill with treacle, or into a draught with 5 drops of *Dilute Sulphuric Acid* and 1 oz. of *Camphor Julep*, should be taken three times a day; 3rd—if the patient be of a pale (lymphatic) habit, the *Carbonate of Iron* will do better than Quinine, and 40 grains in treacle three times a day will be a proper quantity; 4th—the pain not yielding, *Veratria* should be tried in friction externally; or *Morphia* may be used by way of subcutaneous injection. The use of either *Veratria* or *Morphia* must be superintended by a surgeon.

Many times decided relief is obtained from a draught at night of *Battley's Liquor* 20 or 25 drops, *Liquor of Acetate of Ammonia* 3 drachms, and *Camphor Julep* 1 oz. During the intervals of ease obtained from the opiate, the medicines having in view permanent cure can be pushed on.

It is only necessary to urge further that alcohol is both a predisposing and exciting cause. In *Neuralgia*, all wine, bitter ale, &c., so commonly given along with Quinine and Iron, must be avoided.

NIPPLES.—Nursing women, who have not prevented themselves by fashionable stays from having nipples at all, may be profited to learn that sores and chaps may be prevented by strict cleanliness and gentle friction. Washing with yellow soap and warm water, and wiping with a soft towel for five minutes twice a day, beginning

two or three weeks before the birth, and specially dry the nipple (gently with a silk handkerchief is best,) every time after suckling.

If sores and chaps have come, wipe dry and dredge with a powder composed of *Prepared Chalk* 7 parts, *Catechu* 1 part. If the nipples are dry and harsh, lather with *Collodion*, or *Glycerine*, or melted *Simple Cerate*, after each suckling, having first wiped dry. Protection from pressure and friction must be sought by aid of the prepared shield, or the limpet shell.

Spirituous applications torment far oftener than they heal. If there be inflammation a warm bread poultice is required, and soon soothes the part.

In some cases the following ointment is efficient, *Red Precipitate* 10 grains, *Simple Cerate*, and *Spermaceti Ointment*, each $\frac{1}{2}$ oz., mix. To be applied in a melted state, and also on lint.

NITRATE OF SILVER. LUNAR CAUSTIC.—Mr. Higginbottom says: "I have, for some years past, used the solution of the Nitrate of Silver, in the proportion of one scruple to one drachm of distilled water, as well as in the solid state; finding the concentrated solution more convenient for application when this is to be made over a considerable surface, as in erysipelas, &c. This solution may be applied with a small piece of sponge attached to the eye of a common silver probe; it is not only useful for external use, but for application to internal parts of the throat, &c. Precaution should be taken to wash the sponge well with water after using it."

"When the solid form of nitrate of silver is used, it is necessary to moisten the surface to which it is to be applied slightly with pure water, and apply a long stick of the nitrate of silver flat upon the moistened surface, taking care that it be applied to every affected part. [It can be held for this purpose with a pair of dressing forceps.]

"It is necessary for the successful application of the nitrate of silver, that the surface of the skin be free from any oleaginous matter, loose cuticle, or any other extraneous substance. The parts should be well washed with soap and water, and afterwards with water alone, to remove any particle of soap remaining."

NURSING.—This is to begin within two hours of the child's birth and to be continued for nine and sometimes for twelve

months. The management of the nipples can be seen by referring to the article on that head.

The nursing mother must bear in mind that her milk (as regards both quality and quantity) is influenced by two principal causes, her *temper* and her *diet*.

If an alcoholic stimulant be taken to an extent which forces the quantity, the quality is sure to suffer; and in two ways, 1st., the nutritious solids of the secretion go less, and, 2nd., some of the alcohol itself comes away in the milk. Many a mother takes the injurious and fallacious method, of quieting her infant by drinking an intoxicant a short time before suckling. The quieting of the babe in this way, is the very ordinary affair of making it drunk. A child has been known to die at the age of six weeks with every appearance of confirmed drunkenness, as found on a post-mortem examination and detailed at the coroner's inquest!

If ladies will not be offended at the offer of a lesson from the brute, their attention may be directed to the cows confined in the London sheds, and fed with the refuse of the distillery and brewery. Plenty of miserable milk, tubercle, disease, and death, make up their biography!

Nursing, properly conducted, is as healthful, within proper limits as to quantity and duration, as it should be delightful. The flow of good milk is to be promoted by suitable *solid* viands with water for their vehicle; and those who have been accustomed to nurse on ale or wine will be astonished at the more comfortable condition of both themselves and children, as soon as they have got over the feeling of want necessarily consequent on leaving off the accustomed stimulant. See HABIT.

Mothers, who alas! esteem their offspring an encumbrance, and whose sour minds cause sour milk, and this in its turn sour children, can hardly be expected to do otherwise than seek relief in the so-called *comforting* effects of alcohol on themselves, and the quieting *effect* of some quack medicine on their fretful, because ill-managed, little sufferers.

Delicate mothers may often get benefit in their nursing from $\frac{1}{2}$ oz. of *Compound Mixture of Iron* taken immediately after food twice or three times a day.

ONYCHIA.—Painful and obstinate ulceration about the nail.

It has mostly a constitutional origin. The worst case I ever knew was that of a woman aged sixty-three. Sundry medical friends saw her and, without exception, urged wine, ale, &c. I dissented, but could never be heard. After *years* of suffering, there seized her a spasmodic affection of the larynx, threatening suffocation. She perceived herself that *this* was aggravated by stimulants, and in her alarm she abandoned them all. The fingers got well soon after, and continued so! She never went again to wine as before.

A prompt and painless cure may be effected, says Dr. Billon, by inserting the *dry* Sesquichloride of Iron between the nail and the protruding flesh, and powdering the latter with the same substance. Apply a bandage over all. On the next day the exuberant flesh will be as hard as wood. In a week the pain ceases, and swelling subsides. In a month the hardened flesh falls off. Two or three applications may be necessary.

OPIUM.—The thickened juice of the white poppy. One of the trinity of poisons (alcohol and tobacco being the other two) with which very many intoxicate themselves to their everlasting ruin.

A most useful drug in skilful hands; but not to be used without frequent reflection on the fact that the use of it may become a habit, and therefore it is to be discontinued as quickly as possible.

Morphia is the special narcotic principle of the juice. The preparations of this in common use are the acetate and the muriate, in doses varying from one-twelfth to one grain.

OVARY.—An organ liable to serious diseases, the most common of which is dropsy. As patients so afflicted have a long and tedious illness there is plenty of time for exhibiting the usual alcoholics of beer, wine, gin, and brandy. The activity of the general system as well as of the diseased organ is thus promoted, and consequently the end comes with a quickened pace.

The measures which secure the greatest attainable comfort in these distressing cases are abstinence by the non-excitant plan, and strict attention to the natural tonics, air, diet, &c. The bowels have to be regulated with the mildest saline aperients, and *Battley's Liquor* with *Liquor of Acetate of Ammonia* in *Camphor Julep*, used to allay pain.

Iodide of Potassium grains 1 or 2 taken three times a day is useful in some ovarian tumors.

The complaints of the Ovary cannot be properly left in the hands of any but the medical adviser.

The excision of the organ is a not unfrequent feat of modern surgery ; so dangerous as not yet to be generally recognised as justifiable in any case.

PAIN.—Rather felt than described. It is not always safe to overcome it with Opium or other anodyne.

It is *never* safe to attempt to overcome it with brandy or other spirit. Most times it is a symptom of inflammation, which spirit would be likely to aggravate. When it is only a nerve affection, and not attended with inflammation, *relief* is to be attempted through fomentations, blisters, and opiates ; while radical *cure* may have to be sought through alteratives and tonics, as Mercury, Iodine, Arsenic, Iron, Quinine, &c. See RIGOR.

PALPITATION. This increased and irregular action of the heart is sometimes a symptom of organic change, but oftener a mere nervous affection. The tendency to it is engendered by all debilitating, irregular, and fastidious habits. A certain vague, emotional condition of mind, will aggravate it, and the attention being allowed to dwell on the ill, the difficulty of dealing with it will be multiplied.

The first thing is to seek fresh air and useful occupation for both mind and body. The next is, to attend to the skin with a morning bath and friction ; and also to the diet, eschewing all alcoholics, tea, coffee, and high-seasoned viands.

A wineglass of *Camphor Julep* may be taken three times a day. The *Compound Mixture of Iron*, 1 oz. twice a day, if the patient be pale and weak ; and the bowels regulated with rhubarb.

If the Palpitation be the consequence of organic disease, *that* of course must be treated. See HEART.

PARALYSIS.—Palsy may be either partial, as of a finger or a limb ; or more general, as of half the body. Its cause is generally in the *Brain*, but sometimes in the *Spinal Chord* ; and in the latter case often the result of accident.

The cases to which alcoholic stimulants are mostly had recourse to are those of a sudden stroke, where one side remains incapacitated [Hemiplegia]. Immediately after the stroke, the patient generally passes through an attack of inflammatory fever, in which evidently the brain is the organ suffering. If this be managed with quietness, fresh air, nutritious, non-stimulating food, with cooling drinks, and gentle aperients of senna, or castor oil, the head being kept uncovered, and not buried in soft pillows, or warm blankets—it subsides in a fortnight. The third week the patient is weak but without fever, and appetite returns a little, and may be indulged within limits; or the stomach may at this period want the aid of *Quinine*, or other tonic, as the *Compound Infusion of Orange-peel*.

As soon as possible the patient should be put daily into his easy chair, for bed sores are imminent.

The use of tobacco often induces the paralytic seizure.

For the Palsy of certain muscles only (those of the arm for example), *galvanism* is the best treatment. Restoration is seldom complete, and even moderate relief is often denied us, do what we will.

In Palsy of the lower extremities [Paraplegia], two methods of treatment are available. The selection is to be guided by the condition of the Spinal Chord; whether in it there be too much or too little blood. If too much, then there will be symptoms of *irritation*. Convulsions, cramp, twitchings, formication, and itching, one or more will be present. The medicines here will consist of Belladonna, or Ergot of Rye, sometimes combined with Cod Liver Oil.

When too little blood is in the Chord, and the substance is softening, the symptoms of irritation (above enumerated) will not be present. In these cases the medicines will be Strychnine, Iodide of Potassium, and possibly Quinine and Iron.

It is of the utmost importance to distinguish between the two conditions of the Spinal Chord; for treatment suitable in the one might kill if adopted in the other.

These remarks are alike suitable in regard to Epilepsy and other affections of the great nervous centres. Sad consequences have resulted from the indiscriminate employment of such powerful agents as Belladonna and Strychnine.

For reasons against the use of Alcohol in Palsy, see APOPLEXY and BRAIN.

PERICARDIUM. Dropsy of the Pericardium is by no means unfrequent. It is known to the medical attendant by auscultation, and its peculiar weak, tremulous, irregular pulse.

If the fluid be effused as a consequence of acute disease it may prove speedily fatal. But in chronic cases it may be taken but little notice of for years. It often ends in sudden death.

If an attempt be made to raise the pulse with alcoholic stimulants, it may end in the heart's refusing to take on an additional action, and instead thereof standing stock still at once!

PERITONEUM.—The extensive serous membrane of the abdomen (belly) covering the liver, spleen, stomach, intestines, &c., and reflected back to form a lining to the fleshy walls of the belly.

Inflammation of this membrane [Peritonitis] has amongst its symptoms this peculiar one—a weak, frequent, thready pulse. This pulse seems to be the result of the *shock* communicated to the nervous system by inflammation invading so extended a surface.

If this condition be mistaken, and relief to the prostration be sought by administering alcoholic stimuli, the chances are that the result will be fatal.

The sheet anchor is Calomel and Opium, *without any haste to purge*; for nature, for the sake of benefiting by rest, suspends the peristaltic action of the intestines, and this rest of the diseased part is not to be rudely or rapidly interfered with.

Peritonitis is singularly liable to aggravation and relapse, therefore don't for a moment seek to *hasten* recovery. Quietude, and not stimulation *with any thing*, is the grand secret of success.

Hot and large fomentations are always beneficial. Effusion of water into the *Peritoneum* is termed *Ascites*. See DROPSY.

PHOSPHORUS.—Affords an example of how certain substances seek, when introduced into the living body, certain parts, in which to locate themselves.

The fumes of Phosphorus inhaled by the match-makers, cause the death of the lower jaw-bone.

Be it remembered that alcohol has a tendency to locate itself in the *Brain*.

Phosphorus is given by some in Typhus, one-twelfth grain in a little oil every three or four hours.

In the *Phosphates* it is a mild and useful aperient and diuretic.

PILES.—HÆMORRHOIDS. Very frequently caused by diseased liver, this organ having become so hardened by alcohol as to prevent the free passage of the blood from the intestines to the heart.

Sometimes the result of gross free living, and sometimes of mechanical obstruction to the blood from costiveness or other obstruction.

In all these cases the curative means must be adapted to the cause, and in every case alcohol should be dismissed.

If inflammation attack the part, it will be best to lie in bed for a day or two. Foment with warm water, and apply twice a day an ointment of *Powdered Galls* 1 drachm, *Goulard Ointment* 1 oz.; act on the bowels with a pill of *Calomel* and *Extract of Henbane*, each 3 grains, followed in four hours with some *Senna* tea in which have been steeped some *Carraway Seeds*; and for a few mornings after take fasting $\frac{1}{4}$ oz. of *Milk of Sulphur* in treacle or in milk.

If piles bleed much, follow the same plan, and have them examined by a surgeon, to decide if any operation be necessary. This may save much suffering, and in skilful hands is without danger. The patient himself however will be none the worse for remembering this rule, *If the piles be internal they must be removed by ligature; if external by the knife or scissors.*

The use of stimulating drinks in such a case would be madness.

Piles and other diseases of the lower bowel are often neglected on the score of delicacy. This is silly work. The old maxim, "A stitch in time saves nine," is most suitable to ailments of these parts.

Never in Piles seek relief from patent pills or other nostrums.

PLETHORA, PLETHORIC.—Too much blood. The accident to be most feared in this condition is the rupture of a blood vessel in some important organ, as the brain, lungs, &c. The reduction of the fulness is to be accomplished by spare living apart from stimulants, and by out-door exercise, with early hours.

The exercise must not be violent, or a blood vessel may give way, for these are always weak, not to say distended, in the Plethoric.

Once a week in early morning may well be taken *Calomel* 2 grains in *Compound Gamboge Pill* 6 grains.

PLEURISY. Inflammation of the covering [serous membrane]

of the lung and chest. It is scarcely ever treated with alcoholics, but yields mostly to Calomel, Opium, and low diet, with counter irritation. The Convalescent period however is often invaded with wine and ale. All the worse for the patient, as it is at the risk of relapse, effusion, and death. See CONVALESCENCE.

Some high authorities dismiss Calomel from their treatment, trusting to diaphoretic (sweating) medicines and Opium. The plan then would run thus: Take every three or four hours a draught consisting of *Liquor of Citrate of Ammonia* and Water each $\frac{1}{2}$ oz., or *Nitrate of Potass* 10 grains, *Liquor of Citrate of Ammonia* $\frac{1}{2}$ oz., *Camphor Julep* $1\frac{1}{2}$ oz., mix for a dose; to be repeated three or four times a day. The night dose to have *Battley's Liquor* 20 drops added, while there is pain.

Hot fomentations are to be sedulously applied to the chest; which may also be painted over the inflamed part (as indicated by the seat of pain) with the following liniment: *Extract of Belladonna*, *Extract of Opium* each 1 drachm, *Extract of Poppy* 2 drachms rubbed with *Glycerine* $\frac{1}{2}$ oz.

The bowels must be kept open with purgatives *Rhubarb* 30 grains, or *Glauber's Salts* 3 drachms, when required.

Effusion into the cavity of the pleura—that is into the space between the ribs and the lung—is dangerous or otherwise according to the quantity of the fluid. If this be small it may trouble but little; if large, it may (unless let out by the surgeon) prove fatal by pressure and suffocation. In either case support is to be sought from the natural tonics of air, diet, and *gentle* exercise with auxiliary medication. Stimulants—which increase the frequency of the heart's action, always too rapid in these cases—are to be avoided, and absorption promoted by Iodide of Potassium, Nitrate of Potass, and Extract of Dandelion. Blisters are serviceable. See LUNGS.

POISON.—An unexceptionable definition is impossible; that of Dr. Taylor is, "A substance which taken internally is capable of destroying life without acting mechanically on the system." Dr. Spencer Thomson says: "Poisons are usually classed under the three heads of irritant, narcotic, and narcotic acrid poisons. Of the first, arsenic and the mineral acids are examples; of the second, opium and henbane [and tobacco]; of the third, alcohol and strychnine."

Reader, mark the fact of the brotherhood.

PORTER.—A-too-well-known malt-liquor. The smell and taste are so nauseous as to be repulsive to the natural senses, until these have been deadened and depraved by its use. The commendations of this drink are the mere offspring of bad habit and association.

The composition of Porter is

Water	87.44
Alcohol	6.32
Acetic Acid03
Solid Materials	6.21

100.00

It is not unfrequently adulterated with *Cocculus Indicus*.

PORT WINE.—A vehicle for ardent spirit, and a fashionable medium of intoxication. The sort procured for the poor is a mixture of gin, logwood, and cream of tartar. If a medical practitioner wishes conscientiously to give an alcoholic stimulant, he ought to be ashamed to send to a source where there is risk of the vilest fabrication.

Let him be honest and send the stimulant alcohol, as he would that of ammonia, *from his own dispensary*.

The benefits declared to flow from the use of *Port Wine*, must (most of them) be fabulous, seeing that no real Port has been taken!

POULTICE.—A familiar way of fomenting and relaxing locally.

Bread Poultice, pour boiling water on pieces of crumb of bread, soak for a quarter of an hour and drain off the water. Put out the bread quickly on a cloth, prick it a little over the surface, and apply as warm as is comfortable.

If grease be added anoint over the spread bread with sweet oil on a feather, or strike over with a bit of fresh lard.

Linseed meal Poultice; add *boiling* water to Linseed meal in a basin and stir it to a proper consistence. This is generally greasy enough without addition.

Sometimes substances can be beneficially used in the poultice; as a teaspoonful of Laudanum, or instead of plain water a strong decoction of Poppies, or of Hemlock, or of Onions may be used. Suiting of course the application to the disease.

Spongio-piline is a good substitute for the poultice.

The point to be observed is to apply sufficient, and to change often enough to keep the application moist. Bread or Meal dried up is apt to do more harm than good.

PRECOCITY.—Above all things don't stimulate with alcohol. Let time and bodily exercise with plain diet form a healthy brain in eight or ten years, if they can.

The attempts made to bring on and bring out the infantile progeny are the reason why so many of them are in riper life lower in intellect than the average. *The brain has been injured by forcing*, and cannot be so far restored as to accomplish ordinary work.

PREGNANCY.—Is simply mentioned to introduce a caution against Alcoholic drinks, because the condition of both mother and child will be deteriorated by the presence of alcohol in the blood. Nothing tends more to the comfort and well doing of the former than what may be termed a quiet (non-irritable) condition of the system, and nothing more to the well-being of the latter than purity of blood. The various incidents of heart-burn, confined bowels, fastidious appetite, &c., are to be dealt with on common principles, *remembering that all medication and measures must be gentle*. The best medicine for the common sickness is *Bicarbonate of Potass* 10-grains, in a wineglassful of *Infusion of Cloves* ($\frac{1}{4}$ oz. to 1 pint) three times a day on an empty stomach. See **NIPPLES**.

PROLAPSUS.—Protrusion of the womb or the intestine. *Port wine* and *Bark* are given under the idea of their proving astringent and strengthening. This is a delusion. Rest, attention to natural measures, specially the obviating of costiveness (not *purging* by any means) by the aid of Castor oil, or Rhubarb, or the Clyster, together with suitable mechanical support will give relief in these trying cases. The skill of the operative surgeon may become necessary.

PULSE.—Healthy average seventy-two per minute. Many have *naturally* a more frequent pulse and in these the stroke is proportionately weaker. There is not the slightest harm in this, but if this their natural condition be sought to be obviated with alcoholic stimulants, then quickened circulation, and shortened life must be the

consequence, indeed earlier mischief, in the shape of disease, may be justly expected.

Bodily dovetail into spiritual phenomena. The professor of religion sings,

“And every beating pulse we tell,
Leaves but the number less.”

and then proceeds to accelerate the rate by drinking!

PURPURA.—Effusion of blood beneath the skin. Seldom a disease of itself, but often an attendant on other lowering diseases, as Scurvy, Typhus, &c.

The purity of the blood being reduced it will be most unwise to add to it another vitiating element. Alcohol must be shunned. The natural tonics air, diet, &c., must be sedulously attended to; and some specific article may be desirable, as lemon juice, fresh vegetables, ripe fruit; and for medicine, *Quinine* 2 grains and *Dilute Sulphuric Acid* 10 drops in a glass of water, three times in twenty-four hours.

PUS.—The matter of abscesses and ulcers, existing in a condition of various qualities. The lymph or serum of the blood, poured out into the surrounding tissues in inflammation, degenerates into *pus*, when the disorganising power of the inflammation is considerable.

As *Pus* is a drain on the blood, medical practitioners have not been slow to try and refill the blood vessels by the use of Porter, Wine, &c.

This view is erroneous. The alcohol further corrupts the vital fluid, and tends to exhaust the vital processes. Milk, or *solid* food, is the chief staff in cases of large drains, to which of course fresh air must be added. See ABSCESS.

Pus is sometimes diffused through the system in the blood. This is most commonly the consequence of inflammation of the veins, specially after surgical operations, or from the veins of the womb taking on inflammation after delivery. The ailments consequent on such diffusion are serious and often fatal; and require the closest attention, from being insidious in their commencement.

The general symptoms are low, resembling those of typhus. This often leads an unwary practitioner to prescribe alcoholic

stimulants with freedom, and by so doing to hasten the fatal termination. *Pus* in the blood cannot be neutralised, or its effects corrected, by alcohol. See **VEINS** and **WOMB**.

Pyæmia [*Pus* in the blood] may be independent of any absorption of *Pus*, and may result from a putrid condition of the blood itself.

PUTREFACTION.—Generally applied to the decay of *animal* substances, being in fact the resolution of these into their original elements. The gases seek the atmosphere and the earthy matters the soil. The exhalations formed during the process are highly detrimental to health. Cleanliness and fresh air are the antidotes, whoever trusts to brandy, or to tobacco, will be disappointed. These agents only conceal the danger without removing it, and add visible and tangible to the invisible and impalpable poisons.

RHEUMATISM.—(Acute) Rheumatic Fever is a very painful and tantalising affliction. It is a *constitutional* malady though exhibiting its chief symptoms *locally*, in the joints. Like gout it is caused by an acid (the Lactic?) in the blood. The danger consists in the brain, heart, or diaphragm taking on the disease.

During treatment stimulants have to be shunned. The thirst should be indulged to the utmost, and nothing is better for drink than cold water, provided not more than a teacupful be swallowed at a time. In the majority of cases the treatment by alkalies is suitable. Dissolve 2 oz. of *Nitrate of Potass* in 2 quarts of *Water*, this quantity to be drank in twenty-four hours; or give *Bicarbonate of Potass* 30 grains in half a teacup of water every four hours. *The Potass must be pushed until the urine, tried with test-paper, shews itself alkaline.*

A dose of *Opium* 1 grain or *Compound Powder of Ipecacuum* 15 grains may be given every night.

Lemon juice $\frac{1}{2}$ oz. every four hours is beneficial in some cases. On the slightest symptom of the heart or brain being attacked blistering must be had recourse to, and small blisters carried so far as to secure a discharge of serum will be proper.

The diet should be nutritious. These remarks will not qualify any person to take charge of this serious malady, but will serve to show if matters are progressing in the right direction.

There are other plans of treatment as that by Colchicum, or by Quinine, or by large doses of Opium, the merits of which cannot be canvassed here. There *was* also the plan by Brandy, but after killing many, it happily died itself.

Relief to painful joints may be got by enveloping them thickly in cotton wool, and covering that with oil-silk to prevent evaporation. A local bath (through the perspiration) is thus improvisatised with benefit.

It will be noted that alcoholics are wholly inadmissible throughout. Convalescence (which see) will be greatly assisted by *Carbonate of Ammonia* 5 grains in *Compound Mixture of Iron* $\frac{1}{2}$ oz. three times a day.

CHRONIC RHEUMATISM [Rheumatics—Rheumatiz] is best relieved by a dose three times a day of *Acetic Extract of Colchicum* and *Iodide of Potassium* each 2 grains; with *Battley's Liquor* 15 or 20 drops at bed-time in a little barley water.

Rheumatism is hereditary. The predisposed should take double care to clothe warmly and yet airily, and to avoid late hours, damp, and cold. A combination of these three is an irresistible assailant.

Heart Disease from Rheumatism, once contracted, lasts through life; the organ therefore is not to be impelled by stimulants. See HEART.

RHEUMATIC-GOUT. A mixture of the two. As alcohol is good for neither separate, so it is to be avoided when the two are combined. The morbid deposits about the joints increase more quickly under the influence of spirituous stimulation. *Battley's Liquor* from 10 to 20 drops at bed-time is the chief comforter here, and *Powdered Guaiacum* 10 grains, taken twice a day in a little milk, will be helpful.

The chalky deposits of Rheumatic-gout may be relieved by *Carbonate of Lithia* 2 grains three times a day, taken in an effervescing draught.

RECREATION.—An active pleasurable excitement apart from the daily occupation. It calls forth the exercise of the mind as well as of the body. An animal *rests*, man *recreates*. To refuse to act thus occasionally is to sell oneself to slavery for the sake of honor, position, or money. Life itself is parted with in thousands of cases, rather than lose a cargo, a client, or a patient! Such is

man. Who can fathom the wisdom of the maxim, "Godliness *with contentment* is great gain?"

Of all the foes to recreation in this island, there is none to be compared with intoxicating drink. To chain themselves to the car of this Juggernaut during the brief intervals they are professing to seek freedom and absolute enjoyment, is the way of the deaf, who have never heard to profit the poet's proclamation—

"Hereditary bondsmen, know ye not
Who would be free themselves must strike the blow?"

The extent and strength of the delusion can be seen when the donors of free parks and libraries invite and welcome to their festivities the great enemy and curse of the people, whose benefit they are seeking to promote.

It is a physical impossibility that a person whose brain is infested with either alcohol or tobacco should *recreate* as well as he might without it.

RICKETS. MOLLITIES OSSIUM.—Softening of the bones. Generally the result of want of light and fresh air. Good plain diet, warm and clean clothes, with gentle handling (lest bones be broken), must be joined with light and good air. Equal parts of lime-water and milk may be taken for drink, and strong broth well salted. Some form of iron is desirable, and the *Compound Mixture of Iron* in doses from 1 teaspoon to 1 tablespoon (according to age) three times a day will be the best; or if this be objected to, *Carbonate of Iron* 5 to 10 grains may be substituted.

Rickets must be attended to early, and treated long and patiently. As alcohol is hostile to albumen—the growing material of health—it must not be introduced into the system in any quantity.

RIGOR. SHIVERING.—Though this may occur from sundry causes, there is one cause in particular with which it is well to be acquainted. *It is generally the symptom which ushers in inflammation.* It is common to seek relief in *spirituous* cordials. This should never be done. Alcohol may intensify inflammation to even a fatal degree; and even when the cause of the Rigor is *not* inflammation, it is far better to trust to warm diluents (tea, broth, herb-tea, &c.), which are more efficacious *and can do no harm.*

When after the Rigor is over there remains *pain* in any part, *there* the seat of the disease may be looked for.

RUE.—Mentioned only because some recommend it as helpful (in infusion) to drunkards desirous of abandoning their cups. *Try it.*

SAINT VITUS'S DANCE. CHOREA.—Mostly occurring with the weak, whose general health is out of condition; common too in the young after Rheumatic Fever. The first requisite therefore is to attend to the general health, *at the same time seeing that there is no source of local irritation*, as worms, teething, improper feeding, &c.

The *Ammonio-citrate of Iron* 5 grains dissolved in water, with *Aloes* 1 or 2 grains, and taken three times a day, will generally cure in three weeks or less. The aloes may be omitted or increased, according to the state of the bowels. The complaint is trying but not dangerous. Such nervine stimulants as alcohol are to be avoided.

SCALDS.—If these are on any part convenient, and of small extent, the part may be plunged at once into cold water, and kept there for an hour. The dressing then to be *Simple Cerate* spread on lint. If a large space be scalded and clothes be over it, by no means strip these rudely off, but apply hot water through them and remove after half an hour or an hour, very gently. Wherever there is any skin or a bladder, let it be carefully preserved. No artificial dressing can be so mild and efficacious as the natural serum contained in the bladder. *Over this* apply the Simple Cerate, and have patience.

When the scalds are extensive and stript, they must be treated as Burns, which see.

Internal Scalds (as from drinking boiling water,) are dangerous. Inflammation set up in the windpipe or the gullet, not unfrequently proves fatal. The treatment for this must be *strictly* antiphlogistic. Purging with *Calomel* 2 grains and *Jalap* 20 grains in treacle, and the application of leeches will be suitable, and cold water or ice should be kept in the mouth, or swallowed into the stomach, according to the locality of the injury.

Accidents by *steam* are likely to be worse than those by boiling

water. The temperature is higher, and not unfrequently the sufferer is so enveloped in the vapour, as to compel the breathing of it. Hence an *inside* as well as an outside scalding.

If *sinking* threaten, it must be treated as SHOCK, which see.

SCALP.—In many diseases of this part neglect of soap and water allows of hard and thick incrustations. The hair being cut short, these may be softened by poulticing, with a view to removal. The most effectual application, however, will be found to be *Iodide of Sulphur* 15 grains rubbed into a fine powder and mixed with 1 oz. of fresh lard. Anoint the part freely with some of this at bed-time, and wash off the morning after with warm water and yellow soap.

Salt meat and all alcoholic liquors will have to be avoided.

Dirt is *designedly* left by some on the heads of infants. Such behaviour shows great ignorance, and is to be reprehended. The above plan will remove it.

SCARLET FEVER. SCARLATINA.—The result of a specific poison. The reason is unknown, but sometimes this fever will be an epidemic of the mildest type, at other times most virulent and fatal. Popular saying, "*either a flea-bite or the plague.*"

Mild cases require nothing but a warm room and yet thoroughly ventilated, diluent drinks, and a few doses of senna tea or of seidlitz powders. Severe cases must be taken at once, and the special physic to be depended on is the mixture of salines described under Diphtheria, to be given as there directed. In addition to this internal treatment, the skin should be sponged over with warm water as often as the patient feels it hot and prickly, so as to be causing restlessness. The throat may be gargled with a decoction of *Peruvian Bark*, and have a hot bran poultice applied on the outside.

The poison of Scarlatina cannot be neutralised by alcohol, which, exhibited in these cases, only adds another poison to the one already threatening life. Any looker-on can perceive the inutility of alcohol, where case upon case has it exhibited, and yet the result is fatal.

The *Dropsy* that follows Scarlet Fever is of an inflammatory type, and yields to purging (with leeching if need be,) and diuretic

medicines. *Calomel* 1 or 2 grains, and *Jalap* 8 to 15 grains (according to age) may be given every morning; and a powder of *Nitrate of Potass* 10 grains, and (powdered) *Foxglove* 3 grains every eight hours in barley water, or *Hydriodate of Potass* 2 or 3 grains every four hours. Convalescence is mostly tedious.

SCIATICA.—Inflammation of the sheath of the large nerve which runs down the back of the thigh. An intractable and painful ailment. Purge with *Jalap* and *Ginger*, and give at night *Battley's Liquor* 20 to 30 drops, *Liquor of Acetate of Ammonia* $\frac{1}{2}$ oz., *Camphor Julep* $1\frac{1}{2}$ oz. Divide the thigh into three lengths. Blister the highest; as soon as this ceases to discharge, blister the middle; and in the same way, the lowest. After the blistering rub in, twice a day, a dessertspoonful of an embrocation composed of Olive Oil, Spirits of Turpentine, and Battley's Liquor, equal parts; keeping the part covered with coarse thick flannel.

If the case becomes *chronic*, the following may be tried with prospect of success, in the order here set down: *Hydriodate of Potass* 5 grains, with *Acetic Extract of Colchicum* 2 grains; or *Carbonate of Iron* 40 grains in treacle; or *Quinine* 2 grains; either of these three times a day.

The old fashion of drinking gin, or of taking spirituous "sweats," is to be reprobated.

SCHIRRUS.—Incipient cancer. See CANCER.

SCROFULA.—A weak, or otherwise peculiar, condition of the whole system, in most cases inherited.

Where it exists, every attention must be given to air, diet, sponging (with warm water if cold be not more comfortable *after*), and clothing. If choice be possible, let the dwelling be high and dry.

The medicines may be *Syrup of Iodide of Iron* 1 or 2 drachms three times a day, and the same quantity of *Cod Liver Oil*. These medicines should be given at the same time and continued until the oil is seen to be causing fatness. Then stop them for two or three months, when they may be taken again.

The diet of the scrofulous should contain a large variety of articles.

Tubercle being the common result, the reader is requested to read what is said about that under LUNGS, and TUBERCULOSIS.

Scrofulous Ulcers require and bear stimulating dressings. *Red Precipitate* 10 grains, in *Simple Cerate* 1 oz., is a good application.

SCURVY.—A disease which sailors and others are liable to, if deprived of fresh provisions.

The articles best for curing it are fresh vegetables, cresses, and fruits. The lemon has and deserves pre-eminence; yet its curative power is said to depend as much on its potass as on its acid. Chlorate of Potass is good (as an adjuvant) where the gums are much diseased. It is vastly important to get these well enough to allow of solid food being taken.

The useful remark to be made here is, that the disorganization of the solids, indicated by the bleeding gums, and the purple spots, cannot be arrested nor amended by any form of alcoholic liquor. Kindred diseases, therefore, (Purpura, &c.) ought not to be expected to show improvement under the influence of alcohol. As in *Scurvy* so in *them*, the natural tonics, and suitable food, are the principal things to be trusted to.

Care is to be taken not to raise the patient inconsiderately into the erect position lest fatal faintness be induced. When motion is necessary it should be preceded by a draught of *Sal Volatile* 30 drops, in *Camphor Julep* 1½ oz.

The prognosis in Scurvy may be always favourable.

SEA SICKNESS.—*Chloroform*, from 25 to 50 drops taken on sugar and washed down with a wineglass of cold water at the commencement of the voyage, is said to afford a good chance of relief.

SENNA.—Well-known leaves. Put ½ oz. in a teacup and fill it with boiling water, *but don't boil it*. Strain it when warm, and this quantity will do for a dose. It may have added sugar and milk.

Confection of Senna (Lenitive Electuary) is a gentle and suitable aperient in piles and in old age. Dose, 1 or 2 teaspoonsful.

Note, the griping effect of senna is to be prevented by simply infusing and not boiling it, or by adding a few grains of powdered ginger to the dose. Any spirituous addition will be ineffectual to this end.

SHINGLES.—HERPES. An eruption of vesicles, mostly on the trunk. A cooling and farinaceous diet, with a mild aperient, as *Senna* or *Seidlitz Powder*, is all that is required. If the local affection be very irritable and annoying, put on over it a cloth wet with Goulard wash, preventing evaporation with Gutta Percha sheeting, or in some cases, Goulard ointment is more soothing; or Nitrate of Silver may be applied either solid or in solution.

Let this plan of treatment be pursued as well in the aged as the young, only give to the former some good strong broth in addition to other nutritious diet. The habit of forcing the aged with wine or spirits is a bad one.

SHIVERING.—See RIGOR.

SHOCK.—The depression of the nervous system consequent on injury. Sometimes it is so severe as to extinguish life at once; and this is particularly the case with blows on the head, neck, or stomach.

In more lingering cases, as burns, fractures, surgical operations, &c., life may ebb away.

As every one knows, the first thing done by the multitude is to run for brandy and get some down the throat as quickly as possible. This is altogether unnecessary. The best thing to be done at first is to put the patient under warm clothing, in a horizontal position, adding, if need be, some bottles of hot water. Next administer *Comp. Powder of Cinnamon* 40 grains, in warm water, repeating in half an hour or an hour, and afterwards every 3 or 4 hours, until reaction commences. Along with this should be given a cup of good black tea, hot, and some arrowroot or gruel as soon as it can be prepared. Quietude should be secured, and fresh air let in freely.

If the cinnamon powder cannot be got, ginger (or even pepper) may be substituted.

If the sufferer live at all, he will revive under this treatment, and have a better chance without being subjected to the risk of any sedative effect from alcohol. Mr. Higginbottom's opinion is in favour of an Ipecacuan emetic.

After surgical operations in our large hospitals, it is common to give wine or brandy. The practice is a bad one, but the difficulty has been insuperable so far, as the surgeons will not *try* to do without. They seem wedded to their old routine. If some rich test-

- talers would open a Teetotal Hospital, or even a Dispensary, in one of our large centres of population, the trial there made would go a good way to revolutionise the profession. The more is this to be desired now since the operative shock is well nigh banished by the use of CHLOROFORM. See CHLOROFORM, and HOSPITAL.

SINKING.—See **COLLAPSE**. Sinking at the stomach is a symptom of (Nervous) Indigestion. When alcoholic stimulants are taken for its relief, the danger of forming the drinking habit is imminent. The cure is effected by attention to diet, and the use of mild aperients, as Rhubarb 10 grains, with Sulphate of Potass 20 grains, persevered in along with air, exercise, and morning sponging, with friction across the stomach and down the spine.

The wealthy, if these means fail (which however they hardly do, if persisted in a month or two), should seek some Hydropathic establishment.

Anything rather than strong drink, which in these cases very soon sets up a claim for mastery. See **INDIGESTION**.

SKIN.—This external covering consists of, (1) the Cuticle or *Scarf Skin* (Epidermis) consisting of a layer of structureless cells (minute scales) secreted by the true skin, and made to correspond in thickness with the friction to which the part is exposed. Hence, thickest on the feet and hands. In the coloured races, the cells which compose the innermost part of the Epidermis are coloured brown, yellow, or black. (2) The *True Skin* (cutis vera) made up of interlacing fibres (areolar tissue) in which are nerves, blood vessels, glands, &c. The *True Skin* is much thicker than the cuticle and very sensitive.

The perspiration is not merely water, but a veritable secretion from the sudiparous (sweat) glands, and consists of water carrying off sundry refuse materials from the system. Each gland with its duct may be reckoned $\frac{1}{4}$ inch long, of these, 2,800 will be found in a square inch; and as the number of square inches of surface in man is 2,500, the perspiration ducts, if put end to end, would reach nearly 28 miles.

This length of tubing has to be kept clean. A person who walks for the benefit of his health should walk to *sweating*, that is to the point of washing out the sudiparous ducts. Then the daily sponging

and rubbing will *remove* the refuse ; or if this be left on the skin, some of it will get back again into the system, by absorption, to the detriment of health.

There are also myriads of oil (sebaceous) glands in the True Skin, the secretion from which keeps the surface pliant. Dirt sticking to the ends of these oil-tubes makes small black points in the face. The removal of these is best accomplished by soap, water, and towel. It is rather comical that some recommend strong drink to be taken for the cure of this superficial dirt.

Rather more than two pints of water is *insensibly* exhaled by the skin every 24 hours. If the exhalation be more than this, it becomes sensible perspiration—sweat. Sweating, of course, varies with temperature, exercise, &c. ; a man has been known to sweat 5 pints in an hour. Where persons are of necessity exposed to a high temperature, nature sets up thirst, and the proper mode of managing is to pass clean water regularly through the body, that by its evaporation the temperature of the body may be kept at an equal level. Cold water is the best drink (except it be for refreshment at meals) if it be discreetly taken. A shock of cold inflicted on the nerves of a heated stomach will be dangerous, if not speedily followed by re-action. To be on the safe side, the quantity of *any* cold drink taken at once, should not exceed a teacupful, but such a quantity may be repeated as many times as the party likes, provided he waits long enough (say 15 minutes) for one cupful to warm before he swallows another.

If the sweat be prevented altogether from escaping from the skin (as by a coat of varnish), it will soon carbonise, and otherwise deteriorate the blood, and the party will die in a state resembling suffocation.

Nothing can be more fatal to comfort, if not to health, than the imbibition of alcohol during a heated condition of the body. The effect of this fiery liquor is to intensify the thirst, to interfere with the natural passage of sweat along the tubes, and to disarrange the balance, that always exists in a healthy body between the skin and the kidneys.

The testimony of hardworking men who have tried both ways, is entirely conclusive as to the *practical* benefit of abstinence from alcoholic drinks, and theory justifies and substantiates their preference.

It will be seen from this brief description of the skin how Hydro-pathists can beneficially use it. They seek to substitute the external for the internal covering of the body, through which to eliminate refuse and offending material. Instead of applying nauseous irritants to the mucous membrane of the stomach and intestines, they apply water to the skin. The wet packing and other processes take the place of purgatives and diuretics.

The critical boils of which so much has been made by Hydropathists, have been very ignorantly boasted of. They simply indicate that the great eliminating organic covering has been injured, and pressed on to inflammation and disorganization, a practice equally unnecessary and painful.

It will be impossible in many diseases to effect a cure while the skin holds fast its dirt. The processes of washing, bathing, and rubbing, may be successful; but if these fail, the more vigorous *Turkish* bath must be called into use.

SKIN DISEASES.—It is impossible to treat of these here at length.

The reader, however, may be reminded with benefit that Skin Diseases may be either local, or constitutional, or both. When *local only*, cleanliness is the first thing to be attended to, and next some appropriate application, the nature of which must be decided by the presence or absence of inflammation, discharge, itching, &c.

When *constitutional*, every measure calculated to promote the general health must be attended to. As diet, air, exercise, ablution, &c. In addition to these some alterative medicine may be required, and if this be of the stronger kind (Arsenic, Iodine, Sublimate, Cod-liver Oil, &c.) one care is specially necessary. The taking must commence with very small doses and be very gradually increased, or the skin will be irritated to begin with, and it will become necessary to discontinue the drug, though under proper management it might have been the very one to do good.

The common doctrine that such and such an eruption is owing to "poverty of the blood," and that this fluid is to be enriched by the aid of porter, wine, &c., is eminently fallacious. The enrichment is that of the brewer's or vintner's pocket, and not of the blood of the sufferer, who is made a dupe of.

SLEEP.—The suspension of the voluntary powers, while the involuntary continue in action.

To the natural revolutions of day and night, the Creator has adapted the natural wants of the living body. Sixteen hours of activity alternating with eight of repose seem to be the average. In infancy, the sleep is more, and in extreme old age less.

By labour, man diminishes his weight, and with it his force. By the restoration of his original weight *during sleep*, he collects again an amount of force which enables him the next day to produce the same effects. From this, the importance of quiet repose, and healthy nutrition during the period, may be clearly seen; to both these alcohol in the brain and the blood is hostile.

The living creature in whose system alcohol is circulating cannot, *by any possibility*, awake from his sleep so refreshed, and so strong, as if he had been free from the poison. Any sleep which has come to the drinker, and which would not have come had he gone to bed without his glass, is simply the consequence of *habit*. The said habit is a bad one, as sleep should be natural, and not dependent on narcotic drugs. See BED.

SMALL POX—A sad malady to be mitigated, and, we hope, ultimately eradicated by vaccination, which, properly managed, can do no harm, and in a large majority of instances does good by its protective powers.

When Small Pox is prevalent, and the premonitory symptoms of rigor, languor, headache, sickness, and local pains are present, do not, on any consideration, have recourse to alcoholic or any heating treatment. Reduce the diet to cooling drinks, fruits, and farinacea *at once*. During the whole course of the eruption sponging with warm water will be acceptable. Thorough ventilation of the room, and an airy bed must be insisted on. The light should be mitigated; and, if sleep forsake, *Battley's Liquor* from 15 to 20 drops in warm tea must be given at night.

The bowels of course must be attended to, and Senna will do for the purpose.

No symptoms and no appearance in the eruption will justify a spirituous treatment. Camphor Julep 1 oz. to 2 oz. may be taken from four to twelve times in twenty-four hours with very calming effect.

To prevent *pitting* it is recommended to open the pustules about the sixth day with a lancet and touch the bottom with Nitrate of Silver; or about the fourth day of the eruption apply the strong solution of Nitrate of Silver as in Erysipelas; some apply on the third day a coating of Mercurial Ointment and Starch; and others varnish (later) with Collodion. Neither plan is very successful; *some* disfigurement is sure.

A period of ten weeks from the date of the seizure is the shortest that can be calculated on for there to be no infection left.

The period of Convalescence is sometimes interrupted with "gatherings;" and these the rather come on after the use of alcoholics. When either boils or glandular swellings do follow, they must be treated with fomentations, and poultices, or piline. Constitutionally *Nitrate of Potass* 15 grains, *Dilute Nitric Acid* 10 drops, in *Decoction of Peruvian Bark* 2 oz. may be given three times a day for a week, and afterwards twice a day.

SODA.—The use of alkalies is debilitating. Many injure their digestion through indulging in *Bicarbonate of Soda*. A little in their tea, a little in this, and a little in that, gives them a feeling of depression, to relieve which recourse is had to the bottle. A pleasant but a dangerous palliative, and not a cure.

SORE THROAT.—In its simplest form, this requires only fomentations within by inhalation, and without by the warm compress, together with an aperient, of *Rhubarb* and *Magnesia* each 20 grains.

Erysipelatous inflammation within the mouth and throat may require the Nitrate of Silver to be applied; see ERISYPELAS: but should *certainly* have exhibited the mixture of salines described under DIPHTHERIA.

In *Quinsy* the inhaler and the bran poultice must be the chief resort. The fever may be mitigated by effervescing draughts, if swallowing be practicable. After the discharge 6 or 8 grains of *Colocyntn Pill* may be taken; and the diet should be nourishing.

The use during convalescence of a gargle of *Compound Infusion of Roses* or of *Decoction of Oak Bark*, three or four times a day, is commendable.

This disease is so purely inflammatory before it bursts, and

recovery after that is so speedy as to render stimulating drinks wholly unnecessary; and yet many fly to them as soon as they can swallow them without risk of suffocation!

SPASM.—Inordinate and painful contraction of *involuntary* muscles, as Convulsion or Cramp is of *voluntary* ones.

It is most commonly an affection of the stomach, and is then relieved by *Ipecacuan* 30 grains, followed by *Battley's Liquor* 20 to 30 drops in 1 oz. of *Camphor Julep*. If costiveness prevail $\frac{1}{2}$ oz. to 1 oz. of *Castor Oil* should be given as soon as the stomach will be likely to retain it. Externally hot bran should be applied. See COLIC and ANGINA PECTORIS.

STAMMERING.—So-called "tonic treatment" by port-wine, and in not a few cases surgical operations on the uvula and tonsils have been in vogue for the cure of this much-to-be-regretted ailment. They are equally useless and about equally barbarous. Kind and careful training for the young, and indomitable will in the older, have done much more than any other remedial measures.

SPINE.—The long bony case, consisting of twenty-four pieces (vertebræ), which contains the spinal chord or marrow, in its continuation from the brain.

Either the bones themselves or their contents may be diseased.

Caries—Inflammation and decay—may give rise to lumbar or other abscess. The chief practice for this is rest in the horizontal position, until the absence of pain allows of a return to the erect one. This return must be gradual and yet determined, for any vacant space left by decay of one or more of the vertebræ will never be filled with new bone; the vertebræ left (however distant) must, in order to a cure, be allowed to approximate and grow together, notwithstanding the deformity. Of course there is danger in this of pressure (through the alteration in the form of the canal) on the chord, leading to paralysis and even death; the change is however very gradual, and Nature adapts the chord to the new condition of things; and so restoration, except to shape, is complete. Such cases last for years.

Lateral Curvature (or growing out as some call it) often results from bad management, but often too is the consequence of the

column bending from weakness under the weight of the head and shoulders.

In these cases good building material is to be sought through attention to diet, air, and exercise; and the last is to alternate with lying down, so that the weight of the parts above shall be taken off (two hours twice a day at least) the spinal column.

Once distorted the Spine never again straightens of its own accord. The general measures set forth above may arrest its progress, but mechanical aid will have to be called in, and to be continued until growth stops at (say) twenty years of age. The medicinal treatment must be guided by the constitution, but in all likelihood will embrace the *Compound Mixture of Iron* $\frac{1}{2}$ oz. twice or three times a day; and a teaspoonful of *Cod Liver Oil* twice a day. The *Iodide of Iron*, if there be a decided scrofulous tendency, may be given, 1 or 2 drachms of the syrup three times a day. Sponging and friction down the back daily should never be omitted.

It will be understood by this time how the use of alcoholic drinks will militate against recovery in both Caries and Simple Curvature of the Spine, by injuring the quality of the building material, and so interfering with the process of healthy reparation in Caries, and of healthy growth in Curvature, and reducing in both the standard of the general health.

Another form of Curvature in which the convexity of the bend makes round shoulders, requires no treatment other than that recommended for lateral curvature.

SPIRITS LOW.—See BILE; INDIGESTION; LIVER; and NERVOUSNESS.

SPITTING OF BLOOD.—See LUNGS.

STARVATION.—Deprivation of food, in whole or in part.

The sufferings of persons kept wholly without food are described as very bitter, and they die in periods varying from one to three weeks.

If water can be got, life is considerably prolonged.

In persons partially deprived of food, Alcohol is said to take the place of heat-giving articles. This cannot be, if, as shown by Lallemand, the alcohol is eliminated unchanged from the system;

for how can Carbon and Hydrogen while in chemical combination in alcohol be burnt as fuel?

In the wasting of fevers and other diseases, alcohol cannot take the place of the absent tissues. Food containing albuminous, gelatinous, and saccharine elements must be supplied; and the assimilation of a sufficiency of these to maintain life through the critical period of deprivation must be promoted, primarily, by unremitting attention to the supply of the natural tonics, air, water, heat, light, &c.; and secondarily, by medicines helpful, under the circumstances, to digestion. Camphor, Quinine, Cinnamon, and possibly Opium, will be called into requisition.

The debility which accrues from want of food is shared in, of course, by the stomach. It is needful to mention this lest mistaken kindness should thrust rapidly into this organ a load of nourishment under which it would succumb. The restoration of the weak must be attempted *gradually*, through the administration of small quantities at a time of easily-digested food. See CONVALESCENCE.

STOOLS.—Evacuations from the bowels. An ill condition of these, shown by their being clay-coloured, and indicative of the absence of bile, is sometimes sought to be corrected by the use of alcohol.

The liver does not require to be stimulated, but the general health to be improved. Nutritious diet, with exercise and air to assist in its digestion, will afford material in the blood out of which sufficient bile may be formed. The *Compound Mixture of Iron* will be beneficial: or, if the subject be a child, *Ammonio Citrate of Iron* 2 or 3 grains three times a day, in $\frac{1}{2}$ oz. of *Camphor Julep*. See BILE.

SUBSULTUS TENDINUM.—Jerkings of the tendons. Indicative of the approach of death. They may sometimes be relieved by *Camphor* 5 grains, *Extract of Henbane* 2 grains, every two to six hours. Treatment of the mere symptom is however of but little avail. *Every thing* calculated to soothe and support nature must be done and persevered in as long as there is hope.

SUICIDE.—The tendency to self-destruction is nearly always connected with the use of alcohol.

The diseased body leads to disorder of the mind. If the afflicted can be got to understand this, he may be induced to submit to the means necessary for his cure, and amongst these will be abstinence from alcohol.

It is to be feared that thousands are confined in asylums incurable, who were made incurable by the daily allowance of beer in the asylum dietary.

To be giving brain-poisons to the insane is a freak of the "mad doctors."

As the liver is the seat of melancholy, see *Hypochondriasis*.

TABES MESENTERICA.—Often called *Atrophy*. This disease is the wasting consequent on the deposit of Tubercle in the Mesentery, where are the glands through which the digested food (chyle) passes, on its way to the blood.

It is often aggravated if not induced by the addition of gin (or other spirits) to the child's food.

The most likely medicine to do good is *Cod Liver Oil*, a small teaspoonful twice a day.

Every provocative of Scrofula must be avoided, and to learn how to do this, the various readings may be consulted which treat of Diet, Clothing, Air, Exercise, &c. See LUNGS and SCROFULA.

TAPE WORM (*Tænia*).—This parasite cannot be killed with any preparation of spirits and bitters. The remedies for it are reduced to two; the best *Koussou*; the second best, *Fern*, either oil or powder.

Directions for the use of either of these are to be asked for on obtaining it; and unless these are strictly and judiciously followed, the medicine will fail, as is often the case, the cause of failure being in the wrong mode of exhibition and not in the drug.

TEA.—We mention this luxury to intimate that it is a most valuable auxiliary in the treatment of all diseases attended with wasting of the body. The black sort (*Souchong*) of good quality should be used, and the infusion made fresh when wanted, of fair strength, but not so strong as to disorder the head and prevent sleep. From a quarter to half milk to be added, and sugar to palate.

The *Theine* (its peculiar principle,) is itself useful, and assists likewise in the digestion and assimilation of other food.

TEETH.—Require daily brushing, and water is quite enough without any further dentifrice.

TEETHING.—It is astonishing what ailments are set down to the account of this natural process. Why should the growth of teeth disturb so violently any more than the growth of the bones, the nails, or the hair?

The period of infantile life during which the teeth make their appearance, is one of great liability to diseases of the brain and the digestive organs. Such diseases are ignorantly attributed to *teething*; that they are *really* due to it is mere romance.

We notice here one of these diseases, called, by some, *Catarrh of the Bowels*. This, attacking the lining [mucous membrane] of the intestinal canal, is similar to *Bronchitis*, in which the lining of the windpipe and bronchi is the part affected. Diarrhoea, with gripes, is the chief symptom.

The treatment must be soothing. A mixture of *Prepared Chalk* 60 grains, *Gum Arabic* powdered 120 grains, *Syrup of Poppies* $\frac{1}{2}$ oz., and *Carraway Water* $1\frac{1}{2}$ oz., may be prepared, and 1 teaspoonful given every six hours *regularly*, and also after every loose stool. If a stronger medicine seem necessary, *Compound Powder of Ipecacuan* 1 or 2 grains in warm water may be given twice or thrice a day. But as this is a preparation of *Opium* (a very critical drug with infants), great care must be taken. The diet (in addition to the nursing, if during that period) must contain ground rice or sago, well boiled in water, and then thinned with a little fresh milk; for drink, cold water, or water with a little gelatine dissolved in it. A warm bath at night for a few times will be of service.

The disease is not ordinarily serious, but if badly managed it may prove fatal.

TEMPERANCE.—Self-government as regards the body. It has been defined as *The moderate use of all things*. That maxim has ruined thousands; it should be, *The proper use of all things*.

This cardinal virtue is sacrificed as soon as ever man introduces into his habitual consumption any unnatural and dangerous article.

The articles of this class most commonly used in this country, are *Alcohol*, *Tobacco*, and *Opium*. See **INTEMPERANCE**.

To say that the Holy Ghost dwelling in a man bears (as one of *His* fruits,) alcohol-drinking, or tobacco-smoking, or opium-chewing, is grievous mockery. *James* iii. 15, describes such a work.

TENDERNESS.—If a symptom, as it often is, of inflammation or other disease in the part, *that*, of course, must be treated. If merely a too great sensitiveness of the nerves of a part, benefit may be derived from rubbing in 1 or 2 teaspoonfuls of *Compound Soap Liniment* 1½ oz., with *Extract of Belladonna* 1 drachm, dissolved in it.

Ardent spirits need never be used in embrocations.

TENESMUS.—Straining at stool. Always present in *Dysentery*, and often in *Diarrhœa*. It is perilous to attempt its relief with brandy, spiced wine, &c. See the complaints named above.

A *clyster* of thin starch 4 oz. and *Battley's Liquor* 30 drops; or a suppository containing 1 to 2 grains of powdered *Opium* is frequently of great service.

THERMOMETER.—Heat measure. A useful little instrument, now so cheap, that we need not be regulating temperature by feeling, or by guess, either of which is a very uncertain standard.

THIRST.—To be gratified with water at will. If the water be cold, it will be wise to limit the draught to (say) a teacupful at once, waiting for that to warm in the stomach before another cupful is swallowed.

The water may be made the vehicle of other materials, but for mere thirst it does best unmixed with any thing.

The absence of thirst, as well as of appetite, in fevers, is an unfavourable omen, if it happens early; as it shows that nature is so oppressed as to lose *all* desire for food—liquid as well as solid. If, however, thirst abate at a later period, when there are other symptoms of amendment, its cessation may be considered favourable.

I have seen a fever patient put to drink wine and water to quench thirst. He liked it, and the more he drank the more thirsty he became; the alcohol provoking the dryness! See **DRINK**.

THRUSH [*Aphtha*].—A disease of early infancy. It is decidedly an inflammation of the lining (mucous membrane) of the digestive canal, and distinguished by peculiar whitish patches. These are seen, through the microscope, to have a fungus growing in them. The soil of the fungus is the acid produced by improper feeding, or by imperfect digestion. Thrush runs in some families, and whatever care is taken in them, every child gets it soon after birth.

Thrush is sometimes, but not often, fatal. It has mostly a course of a few days, and cannot often be cut short by the common practice of *rubbing* with borax and honey.

The best plan is to begin with *Ipecacuan* 4 grains, and after to give *Calcined Magnesia* (or if diarrhoea be present *Prepared Chalk*), 3 to 5 grains, once or twice a day. Dissolve *Borax* 1 drachm in cold water 8 oz. Roll a piece of linen rag as large as a finger, dip it in this solution and let the child suck it (not too wet) for half a minute or a minute three times a day.

Some fresh milk, with a fourth part of water mixed with it, may be given, besides the nursing. If the looseness be considerable, a little isinglass should be added to the milk; or ground rice, boiled in water until *very* soft and thick, may be thinned with milk, and given twice or three times a day. Sugar should be all but laid aside.

The *Thrush* of lingering disease requires more energetic treatment. *Chlorate of Potash*, *Bismuth*, and *Opium*, may become desirable.

In the *Thrush* of debilitated age, or of infancy, harm is done by the use of alcoholic stimulants. Brandy in the former, and gin in the latter, have been favorites. To soothe and not to irritate, is the end to be kept in view. See **DIARRHŒA**.

TOBACCO AND SNUFF.—We quote a sentiment or two from *Dr. Thomson's Dictionary*.

"—— it is to all, perhaps, at first, a nauseous, acrid, disagreeable drug, which causes uncomfortable sensations in whatever form it is used. Pity it is, it should ever prove otherwise, and that men should continue to poison themselves, and render their neighbours uncomfortable, by indulgence in so hurtful a custom.

"One very serious objection to the use of Tobacco is the abominable odour which it imparts to the person, particularly to

the insensible perspiration. There is no doubt it passes off by the skin in considerable quantity."

The use of this weed ought to be an insuperable disqualification for the office of teacher of either religion or morality.

By its depressing effect it urges, in numberless instances, to the employment of alcohol as a counter-excitant. How can a man indulging in an unnatural lust be fit to train others for the strictness of judgment and the purity of heaven. He may give good advice, but look at his example.

TONICS.—Measures or Medicines which give firmness or "condition" to the body. The feel of the flesh appealed to so commonly in childhood affords an illustration of *Tone*.

Tonics may be (1) artificial (medicinal), or (2) natural.

Bitters—as Calumba, Quassia, Gentian, Orange peel, &c. are examples of the first, and are used when it is desired to promote "Tone" by improving digestion.

The Mineral Acids, and sundry preparations of Copper, Iron, Silver, Zinc, &c. also belong to this division, and are used when it is desired to introduce a substance into the blood, that in this way it may permeate and give tone to the whole system.

Of these artificial Tonics we need not here make further mention. Directions for using them are introduced when their use is calculated to save from the use of alcoholics.

Of the natural Tonics—Air, Heat, Exercise, Food, and Clothing—the reader is entreated to read again what is said under each of them.

It must be remembered that to give tone and strength is a work of time, instantaneous or even very early results are not therefore to be expected. See **TRAINING**.

TRAINING.—A system pursued to bring the muscles to be as strong and enduring as possible.

The practice seeks to develop its subject something on the principle acted out by carnivorous animals—great exertion combined with high albuminous feeding.

The exercise wears away the old material, and this is replaced with new having a stronger, more coherent texture.

The proper preparation of this new material requires the purest

air to be breathed; and its proper assimilation the necessary amount of sleep. Of course the exercise must never be carried so far as to take away more than a good digestion can restore, and the art of Training consists very much in the adjustment of this point.

Flesh and bread are principally eaten, vegetables sparingly, and farinacea (except bread) not at all.

Alcoholic drinks are entirely abstained from as incompatible with the tough and firm growth of the muscular fibre.

The skin, through water and friction, is made to do its part in getting rid of the worn-out material.

Lastly, night as well as day is made subservient to the end in view. The mattress and the light bed clothes allow during sleep the process of aeration to continue, which the regulations of the waking hours had been so framed as to secure.

TRAVELLING.—The common feverishness attendant on long journeys is best allayed by a simple diet of fruit and farinacea, partaking very sparingly, if at all, of animal food.

It is humiliating to see how many irritate their bodies, fret their tempers, and mar their comfort by taking alcoholic liquors on the journey.

They little know the comfort of abstinence under the circumstances, or they certainly would the rather abide by it.

The facility with which spirituous drinks are procured at railway stations is, on *pure dietetic and physiological grounds*, a curse to the public.

TUBERCULOSIS.—The condition of body which favors the deposition of *Tubercle*; frequently termed the *Scrofulous* or *Strumous Diathesis*.

It may be noted, in addition to what has been said under LUNGS (which see) respecting *Tubercle*, that this deposit consists of several varieties, distinguished by a varying composition in regard to the proportions of the animal matters and the salts. The basis however of all is Albumen.

Tubercle is thought, by Dr. Hughes Bennett, to be a histogenetic and not a histolytic process; that is, to be material arrested on its way to a more perfect life and form, and not a material which has been all that was intended, and is dead or dying back again. The

difference in a curative point is little. *Alcohol* is a devitalising agent, and as such has to be avoided.

The curative, or rather perhaps corrective, powers of Cod-liver Oil are estimated, by the same physician, at a high value. He believes that as a constituent of food the Oil favors the formation of sound molecules [building material]; and by acting through the chyle, blood, respiration, and assimilation contributes to the renovation of the entire economy; so as not only to revive the formative processes, but also to promote the absorption and disappearance of the tubercle itself.

In confirmation of his views Dr. Bennett adduces statistics which go to show that the mortality of Phthisis has been reduced from about fifteen per cent to rather under twelve per cent by the use of the Oil, and that the average duration of life in the complaint has been doubled—raised from two years to four years.

Such improvement is certainly matter of congratulation; but, alas! it still leaves consumption a mortal foe. Our own opinion is that the vital power has been reduced by there having been many generations of alcohol drinkers; and I have no doubt that three or four generations of thorough life-long teetotalers would reduce Tuberculosis fifty per cent.

TYPHOID FEVER.—Called also, **PTHOGENIC** [Dirt-made]; and **ENTERIC** [Intestinal]. The studies of the learned have only separated this fever (in nature and name) from Typhus within the last quarter of a century. Murchison's definition is; "An endemic, communicable disease, generated and probably propagated by certain forms of decomposing organic matter. Its symptoms are a commencement, often insidious, or marked by slight rigors, a sensation of chilliness, or profuse diarrhoea; pulse usually frequent and soft, but variable in the same patient; febrile symptoms in mild cases often presenting a remittent character; tongue often red and fissured, occasionally becoming dry and brownish; in most cases, but not invariably, increased splenic dulness, tympanitis, abdominal tenderness, gurgling in the iliac fossæ, and diarrhoea, with or without melæna; skin warm, with occasional sweats; an eruption of isolated, elevated, rose-colored spots, vanishing on pressure, first appearing between the seventh and fourteenth days and coming out in successive crops, each of which lasts two or more

days; frequently epistaxis; prostration coming on late, and often slight; headache, sometimes followed by stupor and active delirium; but mind often clear throughout the attack, even in fatal cases; dilated pupils; the disease often protracted to the thirtieth day, and occasionally, though rarely, followed by a relapse of all the symptoms, including the eruption; after death, disease of the solitary and aggregated glands of the ileum, and enlargement of the mesenteric glands."

It has and will have the more interest attached to it, because it was this that carried off Prince Albert, of lamented memory, though it is mainly a disease of young persons, and is in fact the endemic [ever amongst the people] fever of England. *Pythogenic fever* is made more plentiful by the *protracted* heat of summer and diminished by the *protracted* cold of winter. Hence its highest point will be about August, and its lowest about April. Also a dry season, with water insufficient to wash away the filth, is favourable to its appearance and propagation.

Intemperance, fatigue, and mental anxiety do not predispose so much to this fever as to Typhus; it is independent also of overcrowding and defective ventilation, and seems, when it attacks many in communication with each other to owe its spread rather to locality than to contagion.

Emanations from sewage and from putrefying animal matter, are its grand if not its sole cause; and a proneness to decomposition is communicated by it to even the refuse from the bodies of the sick. Their *feces*, naturally acid, become alkaline, and may indeed so ferment or decompose rapidly as to give off the specific poison of the fever, and so contribute to its propagation.

As the attack begins insidiously, not much attention may be excited for some days. On the seventh, or from that to the fourteenth day there appears an eruption on the chest, abdomen [belly], and back, which, as it is the external distinguishing mark of the disease, I copy Murchison's description of "isolated, small, circular, tolerably well-defined, rose-coloured spots, slightly elevated above the skin, and disappearing on pressure, but returning when the pressure is removed. Their number varies from three or four to many hundreds; but in most cases does not exceed twenty or thirty at one time. They are developed in successive crops." The disease progresses with much resemblance to typhus, (though with fewer

symptoms referrible to the brain, and more symptoms implicating the intestines) for three or four weeks, and then amendment sets in very slowly. The emaciation being great, and the organs involved of primary importance, recovery is very protracted. And sometimes the patient will fall into a second regular attack, and the illness be from three to four months. This fever is very *fickle* too: severe first and then mild; or mild and suddenly aggravated. It is also beset with dangers not to be foreseen, specially hemorrhage from the bowels, and perforation of the gut. In consequence of this uncertainty, the prognosis must be very guarded.

The eruption on the skin has been already spoken of, there seems to be a similar eruption (so to speak) on the internal surface of the small intestines, naturally studded over with single or *solitary* glands and also with glands *in patches*. The last (agminated or Peyer's glands) are found chiefly in the lowest portion of the small intestines. These glands invaded by the fever-poison swell, ulcerate, often bleed, and the ulceration sometimes proceeds so deep as to pass through all the coats of the bowels. Like the eruption in the skin, they vary largely in their number. The matter found deposited in the glands has no specific structure [no "typhus cell"] but the appearances in the glands are constant and peculiar, and characterise no other disease.

For details of the effects of the fever on different organs, larger treatises must be consulted; it will be sufficient here to say that the blood is less fluid than in Typhus; the spleen is mostly enlarged; the fæces are of a peculiar yellow ochrey colour and alkaline; and the urine, though not *much* altered as to its *uric acid*, yet (as in Typhus) contains a large increase of *urea*, indicating a rapid disintegration of the solids of the system. In a summary way it may be said, that the glands of the ileum [intestine] and mesentery are invariably diseased. Secondary lesions (most frequently of the spleen) are often but not always found. The brain symptoms are not due to inflammation, but to poisoning. In short, a poison exhaled from a certain known source [fæcal fermentation] gets into the system, and causes the various phenomena of *Pythogenic Fever* (this is the best name for it), the distinguishing crucial marks of which are the rash and the intestinal glandular affection.

Instead of cutting off thousands annually, the disease itself would be cut off were our cleanliness and sewerage perfect.

The treatment may be gathered from a few remarks made here, and then by reading what is said in the next article of *Typhus*.

In consequence of the disease being so far intestinal, additional care must be taken as to the diet. Water of toast, rice, or barley, will do for drink, or a little gum arabic dissolved in apple water. All food must be of the mildest kinds, given in a fluid state, and not too often. Murchison (whom we have followed) directs that *fruit of every sort be strictly prohibited*. Gillon's *Preserved Meat Juice* is recommended. A tin of 4 ozs. (cost 6d.) makes 16 ozs. of strong beef tea.

The dilute mineral acids are to be given as in *Typhus*, and Quinine in combination thus: *Dilute Sulphuric* or *Dilute Muriatic Acid* 15 to 30 drops, *Sulphate of Quinine* $\frac{1}{4}$ to 1 grain, *Syrup* 1 drachm, *Camphor Julep* 1 oz., for a draught to be taken every 4, 6, or 8 hours.

The kidneys must be acted on by *Nitric Ether*, or by *Decoction of Broom*, and not by the Nitrate or the Bitartrate of Potass, because of the tendency of these last to relax the bowels.

Tea, Coffee, and Broth well salted, are to be freely given. Along with the acid draught should be given each time, *Camphor* 3 grains, dissolved by the aid of a few drops of *Olive Oil*.

One motion a day from the bowels is enough. If more, an enema of starch and *Battley's Liquor* 20 drops should be administered at bed time. If this fail to restrain the discharges, *Sugar of Lead* 2 or 3 grains should be taken every four hours, omitting the acids for a few doses.

Fomentations are to be sedulously applied to the bowels, or the bran poultice (SEE BRAN); and once a day or so a turpentine stupe for (say) a quarter of an hour.

Hemorrhage is about the worst symptom which can threaten, and may be combated with either the Sugar of Lead, or perhaps better *Gallie Acid* 5 grains in $1\frac{1}{2}$ oz. of *Camphor Julep* after every such evacuation.

Tympanitis may be relieved by an enema of *Assafœtida* 20 grains in *Barley Water* 1 pint, or an infusion of peppermint, rue, or chamomile 1 pint may do as well.

When sudden, extending, and excruciating pain indicates inflammation of the peritoneum (from perforation or otherwise) *Opium* is the chief, if not the only, resource left. Begin with *Battley's*

Liquor 30 drops in *Camphor Julep* 1 oz., and repeat 10 drops every hour until the system is under its full influence. The object is to paralyse the intestinal canal, so as to make it motionless. Even this, however, offers but a slight chance of preserving life in this extremity.

Death, in many cases, takes place by deprivation of strength [asthenia], to be set down to the weakened condition of the heart, to diarrhoea, or to protracted interstitial death of the tissues. Along with the asthenia there may be Anæmia (which see), from want of food or from hemorrhage. Death is generally attended with stupor, from the poisoned blood. In a large number of cases some complication (Peritonitis, Bronchitis, &c.) will be the immediate cause of death.

The mortality is about the same as in Typhus—20 per cent. less however in the country than in Hospital practice.

* * This article and the next must be read together. In both I have freely used Dr. Murchison's "*Treatise on the continued Fevers of Great Britain*."

TYPHUS.—The following is Murchison's definition: "A disease attacking persons of all ages, generated by contagion, or by overcrowding of human beings, with deficient ventilation; and prevailing in an epidemic form in periods, or under circumstances, of famine and destitution. Its symptoms are, more or less, sudden invasion marked by rigors or chilliness; frequent, compressible pulse; tongue furred, and ultimately dry and brown; bowels, in most cases, constipated; skin warm and dry; a rubeoloid [like measles] rash appearing between the fourth and seventh days, the spots never appearing in successive crops, at first slightly elevated, and disappearing on pressure, but after the second day, persistent, and often becoming converted into true petechiæ; great and early prostration; heavy flushed countenance; injected conjunctivæ [eyes red]; watchfulness and obtuseness of the mental faculties, followed at the end of the first week by delirium, which is sometimes acute and noisy, but oftener low and wandering; tendency to stupor and coma [insensibility], tremors, subsultus, and involuntary evacuations, with contracted pupils. Duration of fever from ten to twenty-one days, usually fourteen. In the dead body no specific lesion; but hyperæmia [too much blood] of all the internal organs, softening of the heart, hypostatic [the part lying lowest] congestion of the

lungs; atrophy of the brain, and oedema [*dropsy*] of the pia mater [see BRAIN], are common."

According to the same authority, Typhus is due to a specific poison, and this poison is communicated from the sick to the healthy through the atmosphere or by fomites [substances which retain the contagious effluvia], but is rendered inert by free ventilation. The poison may be generated anew by overcrowding and bad ventilation. The grand predisposing cause of Typhus is defective nutrition.

It is conjectured that the Typhus-poison is some compound of ammonia. The odour of the perspiration, breath, and stools, lends countenance to this view.

The blood, having received the fever-poison, is darker and more fluid than natural. In the great vessels, after death there may either be a few friable clots, or the blood may be perfectly liquid. The red corpuscles are diminished in quantity, crenate and mis-shapen, as is undergoing solution.

The poison diffused in the blood attacks the solids of the body, and hastens their disintegration and death.

The changed solids are found in the form of *Urea*, which the kidneys have to separate from the blood. The daily normal quantity of *Urea* is 400 grains, and this will mount up in Typhus to over 700 grains. If urea is not eliminated fast enough, it poisons the blood, and through it the brain, and in this way death often occurs through "uræmic" poisoning, as it is technically termed.

Urea in the blood may easily be converted into *Ammonia*, and probably is so to a considerable extent, and this directs to the exhibition of certain medicines.

The first thing to be attended to in the treatment of Typhus is *ventilation*. Chimney, door, and windows must all be used, and not less than 10 feet (cubic) of fresh air must, if possible, be introduced into the room every minute day and night. Especially should there be an outlet or two at the top of the apartment, for fever-poisons are light and accumulate high up. The patient must not be exposed to a draught, and the temperature should be kept about 60°. To secure air about the patient's body he should lie on a mattress rather than a featherbed. The alternation of day and night must be allowed in the room, but bright light shaded off from the eyes. The skin should be daily sponged with warm water (to each pint of which may be added 1 drachm of Cond's fluid, or of Muriatic Acid), and

if it be necessary for the doctor to inspect the evacuations, these must be carried out of the room to be kept for him.

The food must be nutritious and digestible, and given regularly, but not oftener than once in two hours. Beef-tea, mutton broth, tea, coffee, bread, farinaceous preparations and milk, will all have to be attended to, and the patient who has become stupid and careless must be roused to take them, unless he has fallen into a *sweet sleep*, when he may be left longer. In short, *Typhus must be fed*. Acidulated drinks or plain cold water at will must be allowed. See FEVER for these drinks.

As to medicines, it must be remembered that "we cannot cure fever. No man ever cured fever. It will cure itself. If the patient be kept till the 14th, the 18th, or the 21st day, he will recover."

The objects to be kept in view are : 1st—To neutralize the poison and to correct the morbid state of the blood. 2nd—To eliminate the poison and the products of the destructive change of tissue. 3rd—To reduce the temperature. 4th—To sustain the vital powers and to obviate the tendencies to death. 5th—To relieve distressing symptoms. 6th—To avert and attack local complications.

Dilute Muriatic Acid 20 drops, and *Dilute Nitric Acid* 10 drops may be given every 3, 4, or 6 hours in the patient's drink, made agreeable with sugar or syrup ; or if symptoms of depression are urgent, the *Dilute Sulphuric Acid* 15 drops, and *Quinine* 1 grain may be given in *Camphor Julep* 1 oz. every 3 or 4 hours. The kidneys are to be acted on by Nitre, and such other means as are detailed under FEVER, while the beef-tea or broth is to be well salted.

If taken very early, an emetic (say within 5 days of attack) of *Ipecacuan* 30 grains may be given. The bowels are to be regulated by the gentlest means as *Rhubarb* 15 grains, or *Castor Oil* $\frac{1}{4}$ oz., or simply an enema of gruel, but on no account to be purged. Sometimes, though very rarely, *Diarrhœa* sets in. This must be at once checked, and *Compound Powder of Chalk* 20 grains, *Powdered Catechu* 3 grains, and *Powdered Opium* $\frac{1}{4}$ to $\frac{1}{2}$ grain, mixed, and given in a little warm water after each loose motion, will generally succeed in doing so.

Headache requires the application of cold water, or of ice, or of the cold affusion, according to its intensity and the accompanying delirium. The cold water is generally sufficient if properly applied

on a thin layer of lint, kept wet. In the aged and infirm, *warm* water will succeed better.

Sleep, if not secured by the means used to benefit the headache, must be sought by the use of Opium, and *Battley's Liquor* 10 to 25 drops with Liquor of *Acetate of Ammonia* 3 drachms, in *Camphor Julep* 1 oz., may be taken at bed-time.

Opium, however, is contraindicated when there is difficult breathing and livid countenance; also when there is stupor, and when the pupil is much contracted, indeed when the symptom is present of a mere *pinhole* aperture in the pupil, the case is mostly fatal.

Whatever other measures are taken, or medicines given, *Camphor* will be valuable all through, especially if the delirium be muttering and the appetite lost. The effect of this drug (as remarked elsewhere) is to soothe and tranquillise the whole nervous system, and so to act on the stomach and other organs of digestion as to enable them to digest sufficient food to maintain life. It is very rare under the steady continued exhibition of *Camphor* that the circulation so flags or fails as for the cardiac and radial pulses to lose very much of their sound and strength, which failure is (as contended by most) the symptom indicative of the necessity for alcohol. The explanation is that the muscles of the heart in common with those of the body at large, have become so attenuated and weak, that unless driven by the alcoholic stimulus they will not contract and urge on the blood sufficiently to maintain life. If, however, as I believe is quite possible, a sufficiency of food can be digested to replenish somewhat the heart and blood vessels, there *will be* in this new, though diminished blood, sufficient stimulus to keep on the necessary circulation.

In cases of extreme torpor and prostration, with the breathing slow, and no delirium, *Phosphorus* one-twelfth grain dissolved in a teaspoonful of *Almond Oil*, and given every 2 or 3 hours is highly recommended by some. We have had no experience with it.

Patients labouring under Typhus are often carried off by *complications*. The *chest* will take on Bronchitis, Pleurisy, or Pneumonia. The *abdomen* will be invaded by peritonitis, vomiting, or diarrhoea. The *skin* by erysipelas, sometimes the *glands* will swell, and *dropsy* will supervene.

The treatment of any complication must be according to the

nature of the superadded disease, keeping in mind all the time, that the treatment must be adapted to a fevered and debilitated system.

The convalescent period has to be watched. The diet well arranged, and the bowels regulated. Premature exertion and exposure to cold are to be prevented. The motto may now well be *Festina lente*, Hasten gently.

After all, Typhus is a formidable disease. The mortality in hospital practice being as high as 20 per cent. In rural districts it is considerably lower, owing as I suppose, to better air and more robust constitutions than are commonly met with in cities.

ULCERS. However fond many are of recommending porter, &c., these troubles have, in our hands, always abated under the application of suitable dressings and bandages, together with attention to natural tonics.

In many cases of *Ulcers* on the legs, the surgeon may put an end to them by a simple operation for the cure of Varicose veins. See **VEINS**.

The huge ugly-looking ulcers of the legs, often seen in the case of dirty men and women, extending perhaps several inches in length and nearly all round, can only be reached by confinement to bed, and then hot-water dressings are the best. The next best treatment is with *Chalk Ointment* and bandage; this admits of walking about.

URINE.—The excretion in which are carried off sundry refuse matters, some of which are poisonous.

While the *Carbonaceous* compounds find their exit through the liver, lungs, and skin, the *Nitrogenous* pass out through the kidneys. The chief one is *Urea*, and if this substance be retained in the blood, a few hours suffice to shew its injurious effects. These are principally seen in stupefaction caused by the impure blood circulating through the brain.

Our chief business here is to caution against the use of alcohol under various morbid conditions of the *Urine*.

If there be a deposit of red sand (*Uric Acid*) or of a dirty red cloud (*Urate of Ammonia*) the urine will be found *acid*. The remedy here is not alcohol but an alkali, and *Potass* is the best. *Bicarbonate of Potass* 15 grains in a glass of warm water may be

taken three times a day; the bowels being acted on every two or three days with a dose composed of *Rhubarb* and *Calcined Magnesia* each 20 grains.

The appearance of either of these red deposits is not unfrequently a symptom of indigestion, in which case *this* disorder must have measures taken to correct it; whether it be the consequence of a temporary indiscretion in diet or of a more permanent character.

If there be a deposit of *white* or *whitish* sand or gravel the urine will on testing with the paper be found to be *alkaline*. The remedy here again is not alcohol but an acid, or a combination of acids. Of the *Dilute Nitromuriatic* acid 30 drops in a glass of barley-water may be given three times a day. The bowels being occasionally relieved with *Calomel* 1 grain *Compound Rhubarb Pill* 8 grains.

Oxalic Acid is not visible to the naked eye. As the product of certain articles of diet (*Garden Rhubarb*, &c.) it is not of consequence, but there are times when uniting with an alkaline base, it will give rise to *Stone*. The irritation and other consequences of such a foreign body in any part of the urinary passage ought to be sufficient to deter from the use of any alcoholic stimulant.

Albumen in the Urine has been already treated of. Suffice here to repeat that it is mostly a symptom of a kidney *already disordered with stimulants*. To go on therefore with these is to run further into mischief.

Blood in the Urine is a matter of consequence. The medicinal treatment depends on what part it is that bleeds. To decide this point is not always easy, and only after *cautious* inquiry and observation can any one hope to be right. On the point, however, of using alcohol any one can be right. The rule being, under all circumstances of Bloody Urine, to abstain entirely and at once from alcoholic drinks. Bland nutritious diet, diluents, gentle exercise, with regular sponging and rubbing of the skin (particularly across the loins) will be essential, while the medicines must be suited to the acid, or alkaline, or mucous, condition of the discharged water; and if pain be present *Battley's Liquor* 10 to 25 drops should be given, without reserve, at bed-time.

Incontinence of Urine is in the *aged* a symptom of some other affection to be found out and attended to. In *children* the habit is most troublesome. If the child be weakly *Ammonio Citrate of Iron* 3 to 5 grains may be given three times a day in a little water, and

a teaspoonful of *Cod-liver Oil* night and morning. After the hour of noon, little or no fluid should be drank and the day should be always wound up with a run in the open air.

Gin, Turpentine, Juniper, &c. are detrimental. Blistering over the Sacrum and on the inside of the thighs is often serviceable.

If all remedial measures fail, mechanical ones must be had recourse to. See BLADDER, DROPSY, and KIDNEY.

VARNISH.—A good one for bed-sores is made by dissolving 1 drachm of *Gutta Serena* in 1 oz. of *Chloroform*.

VEINS.—Varicose (swollen or knotted veins) should be supported by elastic bandage or stocking.

Varicose Ulcers are sometimes treated very stupidly with porter. Dr. Collenette of Guernsey relates a case where a poor man had taken, under medical advice, over 1300 pints for the cure (?) of a sore leg. He got no better until he came under Dr. C.'s care, who stopt the porter, kept the man in bed, and applied water dressings. Under this plan the leg healed in three months, and the man continued sound. See ULCERS.

Inflammation of the Veins is termed *Phlebitis*, a not uncommon disease. When it happens after venæsection, it is only necessary to keep the part perfectly still, apply a bread poultice, and purge with $\frac{1}{2}$ oz. of *Glauber's Salts*.

The consequences of large Veins taking on inflammation after surgical operations are more serious, as already glanced at under Pus, (which see). Pus formed in the veins, or absorbed by them, may give rise to all the phenomena of typhus, and, without care, may be mistaken for that fever, and the blunder prove fatal.

In full habits *Phlebitis* requires depletion and low diet, but this is seldom necessary, only so far as to empty the bowels with a dose or two of Castor Oil, or other purgative. The part will require fomentations of warm water, assiduously applied by the aid of piline or of flannel. More generally, some preceding suffering will have reduced the constitution, and the medicine will have to be *Quinine* 1 grain, *Dilute Sulphuric Acid* 12 drops, in *Camphor Julep* $1\frac{1}{2}$ oz. for a draught to be repeated three times a day: or else, in subjects who are usually pale, $\frac{1}{2}$ oz. of *Compound Mixture of Iron* three times a day.

If, after the inflammation has subsided, there remains a hard cord, this may be *very gently* anointed upwards of twice a day (twenty minutes at a time) with some *Camphorated Oil*

The diffusion (in the blood) of *Pus* throughout the system may give rise to abscesses any where and every where. A globule of *Pus* arrested in the capillary vessels sets up diseased action there, and abscess follows. Thus, collections of matter are got in the lungs, the liver, the brain, the muscles, the cellular tissue, &c., until Nature, worn out and exhausted, may succumb. During all this it requires sense and fortitude to keep apart from alcoholic stimulants, abstinence from which is, however, the proper plan to be pursued.

The diet must be nutritious; meat, milk, cheese, brown bread, beef tea, and, if digested, eggs. The medicines as above specified; and when the collections of *Pus* are superficial an early outlet of it should be secured through the lancet.

The disease, as we have been describing it, is often termed *PYÆMIA* [*Pus in the Blood*]. See also *WOMB*.

VOICE.—Loss of Voice (*Aphonia*) may be a troublesome affair from its unexpected occurrence, and its obstinate character.

Where it exists without serious organic disease to account for it, the following directions may be useful.

The diet should be full and strong (lean meat, milk, egg, pearl barley, brown bread, &c.) without being stimulating.

In addition to sponging *all over* daily, the throat should have a stream of cold water directed on it for a minute or two and be then well rubbed for five or ten minutes with a coarse towel.

A gargle of Compound Infusion of Rose-leaves to be used twice a day, and the cravat to be of coarse worsted, so as to be at once warm, rough, and airy.

The atmosphere of heated rooms is to be avoided, and air *both* cold *and* damp guarded against by a respirator; but the common use of this instrument is by no means to be adopted.

The sore throat of the Clergy will become extinct when the list of the Church of England abstaining ministers attains to 13,000.

VOMITING.—Often symptomatic of affections of the brain, liver, or kidney, also of the commencement of sundry acute diseases as

Small Pox, &c. In these cases the cause has to be sought for, and treatment ordered accordingly.

If the cause be some offending matter in the stomach *Ipecacuan* 30 grains, to be followed in two hours by *Battley's Liquor* 15 drops will suffice.

If it seem to be simply the effect of an irritable stomach, *Chloroform* 30 drops in a spoonful of water; or *Creasote* 10 drops made into pills with crumb of bread; or a drink of *Soda Water* frequently repeated; or a pill of *Solid Opium* 1 grain; or *Prussic Acid* in some mucilaginous mixture: where this last is to be tried the proper dose must be ascertained from the medical dispenser, inasmuch as it is kept of various strengths, and is a powerful drug.

WATER.—This fluid—composed of two gases, Hydrogen and Oxygen, in the proportion by weight of 1 to 8—is seldom met with absolutely pure. Gases are apt to be absorbed from the atmosphere, and salts and other foreign bodies attracted from the earth.

Water for drinking should not be kept uncovered in the living apartment, seeing it absorbs the unhealthy emanations which are present there in the atmosphere from the living body, from dead vegetables, from cooking, &c.

Three-fourths of the living body are water, and no other fluid is naturally found in it. When Alcohol is brought into contact with living materials, it attracts to itself a portion of the water required by health to be left alone. Where five proportions of Water have been, Alcohol will leave only three, and will thus *harden* the texture.

A modern writer says,—“If water be the most abundant natural beverage, milk and vegetable juices furnish others in great abundance, &c.” True enough, but water is the only fluid in the milk and the juices, as these are made up of solid things dissolved or suspended in water. As soon as ever Man introduces into his system any other *fluid* than water, he violates the laws of his healthy being. Man has no natural right whatever to take alcohol, or ether, or naphtha, or turpentine, or any other fluid than water, and he cannot do so with impunity.

It is often urged that the water of such and such localities cannot, because of its impurity, be taken without the addition of spirit, or of wine. It should be known that alcohol is no preventative whatever

of the injurious effects of impure water. The filter, and long exposure out of doors to the atmosphere, are the great restorers of purity, and not the addition of a fresh poisonous ingredient.

A tumbler of cold water on first rising, and another just before dinner, are tonics, and promote digestion.

The curative powers of Water very much depend on its softening, relaxing, dissolving property. It loosens and washes out peccant matter and carries in fresh subsistence. Some idea may be formed of its work by considering the marvellous operation of the light, the air, and *the water* on a pellet of soil at the root of a growing vegetable. How fine the solution to pass in through that tiny rootlet; and how incomprehensible the process that has prepared dirt to receive *Life*.

Does any one wish to contrast the operation of water and alcohol on vegetable life? Let him cut two bits of a leafy shrub, and stand one in a glass of wine or brandy, and the other in a glass of water, over night. The morning will exhibit the deadening power of the spirit, alongside of the refreshing power of the water. Sycamore, or Elder, or Rose, or Tulip will do. See HYDROPATHY.

WATER ON THE CHEST (HYDROTHORAX).—To be treated according to its origin. If *acute*, it is mostly removed; if *chronic*, seldom. The means had recourse to for relief are various, including Mercury, Foxglove, and other diuretics internally, as well as blistering with Cantharides externally. As Alcohol favours the exudation of water from serous membranes (such as the Pleura, or membrane of the chest), it is to be shunned. Alcohol also quickens the circulation, and tranquil action of the heart is much to be desired in these cases. See DROPSY.

WHITEWASH. LIME WASH.—As lime absorbs impurities from the atmosphere, and renders them innocuous, any crowded houses should be submitted twice or thrice a year to its application. The same remark holds good of workshops, pantries, back kitchens, wash-house, and such-like working rooms.

The modern fashion of papering instead of whitewashing the houses of the working-classes is not to be commended.

WOMB (Uterus).—An organ liable to a number of complaints of

its own, impossible to describe here. The general principles only may be glanced at.

If its peculiar function be arrested, that will be a symptom merely. The cause is various, and must be sought out and treated.

Alcoholic stimulants are never to be resorted to, lest injury past repair be inflicted in the dark.

If organic change be present, the morbid effects may be quickened by stimulation of the system, tranquillity and equalization of which are highly necessary in such cases.

If displacement has taken place, mechanical means may have to be resorted to. Some discomfort and irritation must be experienced on their application, nothing therefore calculated to further irritate or inflame should be done. Alcohol being an irritant, must be avoided. The notion about the astringent properties of Port wine and bark is antiquated and contemptible.

In the puerperal state, inflammation will sometimes occur in the veins, giving rise to an insidious attack of what may be fatal disease. The symptoms of pain, tenderness, *shiverings*, and prostration, are to be strictly watched, for at this period, they may be indications of what may rapidly become incurable. However lamentable it may be, it is nevertheless strictly true, that in these cases attendants not unfrequently sacrifice their friends' lives, by the administration of spirituous or vinous stimulants. The alcohol soon reaches the inflamed tissues, and adds to the mischief already threatening life.

The treatment will consist of fomentations, the gentlest aperients, if any, the strictest rest and quiet, with nutritious food and every other of the natural tonics, not forgetting to place ventilation and cleanliness at the top of the list. In some of these cases the pain is acute, and here *Opium* is the sheet anchor; 1 grain may be given every hour until relief is obtained. See PUS and VEINS.

A word of caution may be inserted here. Whenever anything ails in the *puerperal* [lying in] period, double watch should be set against alcoholics.

WORMS.—Bitters steeped in spirit and taken in the morning, fasting, never kill nor remove these parasites.

The "thread" or "stomach worms" (*Ascaris*) must be treated with purgatives and injections. *Calomel* 3 grains, *Scammony* 3 grains, *Jalap* 10 grains, and *Compound Antimonial Powder* 5 grains,

mixed in treacle, may be taken in the morning, fasting, twice a week for a few times. Of course, the dose must be reduced to half or even a quarter (according to age) for children. Then let a teaspoonful of salt dissolved in a wineglassful of warm water be given for a glyster the night after the purge. Sometimes a little camphorated ointment smeared on the skin around the part where the worms lodge will allay the itching.

The "round worm" (*Terebrantia lumbricus*) must be attacked with purgatives as above. See TAPE-WORM [*Tænia*].

WOUNDS.—Don't, pray don't be so silly as to thrust into these any hot irritating substance as spirit, salt, tobacco, &c.

If it be a clean *cut*, put the sides gently together, and keep them so by neatly tying up the part with a piece of any clean rag, which should be left on until the wound is healed, unless discharge or pain occur, then remove the binder by soaking with a very wet warm bread poultice, and dress the wound with sticking plaster or with simple cerate.

If it be a torn wound, better poultice it from the beginning, and when the inflammation and pain are passed, dress with simple cerate or with strapping.

Of course, *dirty* wounds must be cleaned, and this is best done with abundance of warm water. It will never do to tie up a wound with dirt in it.

Of course, too, *Bleeding*, if considerable, will have to be stopt. Mostly, exposure to the air, the application of *cold* water, and gentle pressure for a few minutes will be sufficient for this. Sometimes, however, a large blood vessel requires to be tied. If no one present can do this, let a finger be put on the very point that bleeds, and kept there till a surgeon arrives. For want of this very easy procedure I have known a person bleed to death when there was not the slightest need for it.

When a limb is wounded, if the blood-vessel be deep and cannot be reached with the finger (a very rare occurrence), tie a strong cord around just *above* the wound, under the cord pass a short stick and twist it tolerably tight. If the bleeding continue from the lower side of the wound, put on in the same way, another string and stick just below the wound.

If the wound be of a vital part (Brain, Bowels, Lungs, &c.) the

necessity is still greater to apply to it nothing either strong or irritating. Be content to put the wounded person into as easy a position as possible, cover the wound lightly with a clean wet cloth, and wait for the surgeon ; using pressure by the finger, if need be, for the bleeding.

In case of wounds from venomous reptiles, apply a string very tight above, fill up the wound with Hartshorn one-third, and Oil two-thirds, mixed in a phial ; and administer, if alarming symptoms are present, a teaspoonful of Hartshorn in a glass of cold water every 10 minutes.

YAWNING.—A not unfrequent symptom of a congested sluggish liver. A state of things very apt to be rendered worse by taking alcoholic stimulants.

The true remedy is a brisk emetic of *Ipecacuan* 30 grains, followed by a few doses of *Rhubarb* 15 to 20 grains, and *Calomel* 1 to 2 grains, taken alternate mornings. See LIVER.

ZYMOTIC.—This term will be found in the *Registrar General's Report*. It is derived from *Zumee, Leaven*, and is defined in the dictionary thus : "Occasioned by a morbid principle, which acts upon and in the organism similar to *ferment*." Thus Measles, Scarlet Fever, Small Pox, Typhus, &c., are said to be "Zymotic." Alcohol is no preventive to Zymotic action.

SPORADIC from *Spei-roo*, to *scatter*, is the antithesis to Zymotic, and means, Occurring in occasional and solitary cases.

APPENDIX.

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I WISH to insert here some *details* that may encourage Teetotalers and others in the disuse of Alcoholic drinks. It is surprising how many fail in the time of trial, and I can only account for the largeness of the number by supposing that the impressions of early and common life prove too strong to be resisted. They have ever been hearing the praises of alcohol, and now they have not patience to do without it. Then the pleasurable, comfortable *feelings* produced by the diffusible stimulant confirm the representations of its, alas! too ardent admirers.

I advertised for months in the TEMPERANCE ADVOCATE, and in the ALLIANCE NEWS, soliciting reports of cases treated without having recourse to alcoholic drinks. If I may judge from the number of reports sent to me, such cases (even amongst Teetotalers) are rare indeed. I got very many applications for *advice*, and I freely gave it; but hardly an acknowledgment of my prescriptions, or any report of the result, was ever sent to me. I can present however a few, and proceed to do so, adopting the alphabetical arrangement. Will my readers put me in a position to enlarge this department by sending to me notes of cases where a non-alcoholic treatment has been followed? Such notes will be useful and I am always open to receive them.

It ought not to be supposed that all the fault of freely using alcoholic liquors, as medicines, lies with the doctors, though these last do not certainly often dissuade from the taking of them.

Teetotalism having been amongst us for thirty years it may be fairly asked why its disciples have not taken care of themselves. Plenty of time has elapsed for some of them to have brought their sons to the medical profession, and sundry places are prepared to receive them. Let a young man, thoroughly educated, so as to stand his ground without calling to his aid the alcohol-givers and suc-

cumbing to their views, settle down at Preston, York, Plymouth, or sundry other places which might be found on inquiry, and there is not, in my mind, the shadow of a doubt as to his speedy and complete success. The mere adoption of Teetotalism, or any other Ism, as a decoy without intrinsic ability, will be likely to fail and to be put by; but the market is open and waiting for the genuine article.

The testimony borne in "HASTE TO THE RESCUE" is well known. From letters bearing on the same point—the ills inflicted through medical advice—I copy an extract or two. A gentleman writing from Manchester asks, "Could you do any thing for us here to check-mate the doctors who are taking a malicious pleasure on every occasion to break our Teetotalers if they should have the misfortune to come under their tender care? HAVOCK could be written upon our work."

A correspondent from the sister island writes: "— my own conviction is strong, that alcohol does not possess the remedial properties supposed, and the absurdity of ordering it wholesale, *supposing it did*, is surely a disgrace to the medical profession."

An anonymous correspondent at Belfast wrote nearly as follows to Dr. Lees when he lectured there: "I would suggest the advantage of giving a few directions to those who, having given up the use of alcoholic liquors, are subject, in some degree, to *nervous sensations*, arising from the *want* of stimulants, how they should act in the way of *medicine, food, exercise, &c.*, so as to overcome those sensations, and regain a healthy nervous condition. Many give up the use of stimulants *for a time*, but owing to the great physical change produced, and to be borne, before Nature can regain her equilibrium, they *return* to the use of alcoholic drinks. Such persons if cheered and directed might obtain moral courage, with God's assistance, to conquer a great vice, and obtain the salutary blessings of abstinence."

Another gentleman at Belfast issued in print his desire to publicly discuss the virtues of alcohol in both its dietetic and medicinal use.

Thus we learn that the subject is exciting attention, and our own pages may possibly assist in eliciting and establishing the truth.

There is one particular in regard to the administration of alcohol, which we have never been able to comprehend. It receives a favor bestowed on no other article whatever of the *Materia Medica*,

inasmuch as *its use is still recommended and persevered in although the patient is already suffering severely from its effects and its presence*. If *Arsenic* has been taken until the eyes are inflamed and the stomach sick, is it continued? No. If *Belladonna* until the sight is dim and the head giddy, is it pressed on? No. If *Digitalis* until the pulse is intermittent and the stomach irritable, is it directed to be taken in diminished doses? No. If *Mercury* until the teeth are loose and saliva is drivelled by the pint, are the doses reduced to a half or a quarter? No. In each and every one of these examples the medical attendant would insist on a *total and immediate* discontinuance of the drug. The same course of prompt and decisive prohibition ought to be followed in the case of alcohol, and this will be found to be the safer and more charitable method of preserving life. Even with brewers' men and others whose bodies are full of alcohol, and to whom have been administered medicinally the enormous quantities of alcoholic stimulants that we read of in some hospital-reports, the abstinent plan is the most promising. The mortality of such cases as at present treated is distressingly high. Again and again have I had painfully to witness the loss of patients addicted in health to free drinking, whose only chance appeared to me to be in freeing their system as fast and as far as possible from the presence of alcohol. They died, and because they had been treated in the fashionable way no reflection was cast on their physicians. Let, however, a Teetotaler die, and it is often ludicrous to hear the remarks made! A friend of mine was travelling on the coach and inquired of the driver about a gentleman's seat they were passing. "You see, Sir," was the answer, "he took to teetotaling, and it didn't suit him, and he soon died." Presently another seat was passed whose owner also was dead. In this case there was no "teetotaling" but rather its opposite; here, however, it was all right and he died because, "poor fellow, his time was come."

The obituary of the last two years is a melancholy one, and affords most striking examples of the impossibility, in many cases, of saving life by the exhibition of alcoholic stimulants. At the head of the list might be placed the lamented Prince Albert, (whose treatment the public was informed of through the usual channels of news,) to be followed by sundry others, eminent in either church or state,



whose cases make it perfectly justifiable, if not praiseworthy, to try another plan than the one which failed with them.

Time and observation, we may hope, will make us wiser.

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## CASES AND OCCASIONS.

ABSCESS [Strumous?]. *Kent*.—"The doctor here is doing all he can to persuade a young mother, the wife of one of our committee, to take *Porter* or *Stout* for a swelled face and neck, directly under the left ear. It is of some months standing, and had broken within the last few days, with discharges about every other day. It is pronounced to be weakness—she has had children very fast.

"I am exceedingly anxious to see this delusion thoroughly exploded both for the woman's sake and for the sake of our principles. Poor creature, through being trained to drink when young, she got a great liking for it; but through the instrumentality of her husband and a few of us, we have succeeded in weaning her from the love of the stuff."

The treatment consisted of *Compound Mixture of Iron*, to which some *Decoction of Aloes* would be added when the state of the bowels indicated. The local application would be water by the aid of *Spongio Piline*. Attention to the *Natural Tonics* urged.

ACCIDENT. *Staffordshire*.—"I am an abstainer, but a short time ago I was told by a medical man that I ought to have a pint of good ale a day. The cause of his telling me this was, I had hurt my fingers, and owing as he said, to my body being out of order (though I felt nothing the matter with me), they did not get well as they ought. My trade being engineering, he said, as I have already stated, I wanted something strengthening—ale in fact. I do not want to take it if I can do without, therefore I have ventured to ask you, &c."

This case, illustrative of mischievous meddling, ended thus:

"I beg to say that I did not follow the advice of my doctor concerning intoxicating drinks. My fingers soon got well, probably the system was operated upon by the medicine given me. I cannot state any particulars concerning them, I merely kept them wrapped up with something but I forget what."

ACCIDENT [Severe.] *Essex*.—"When I was 57 years of age, I was cleaning up my house. I got on a table to reach up, the table tilted and threw me off. I fell on the floor with my arm under me which I broke, and twisted it nigh the hand. I broke my leg near the knee, and dislocated the ankle. I fell and struck my back against the sharp corner of a table that was standing near, which made a sad place. I had to lay on that sore part night and day for thirteen weeks before the splints were taken off. I kept my bed sixteen weeks. It was 22 months before I could be got upstairs. I am now quite restored in health, but my limbs are not quite so strong as they were, nor ever will be, as my age will not admit of it. I have not tasted a drop of wine, or beer, or spirits, for twenty-two years. Mr. ——— was my medical gentleman. Although he has turned out a great drunkard himself, he knew better than to recommend it to me, &c."

ACCOUCHEMENT. *Durham*.—"May I trouble you on the following points. I should not write to you, but I think it will serve our common cause. My wife is near her confinement, and has been advised to rub her breasts with brandy. Of course there would be no harm in this, being an external application (?), but as I am secretary of our local Temperance Society, it might give occasion to slander; and my wife, being a teetotaler too, doesn't want to have anything to do with the old foe. *Will you, therefore, kindly prescribe something else?* I am rather in a predicament how to act with regard to the event above-mentioned. Our village doctor remains wilfully ignorant on the subject, as we have sent him your 'Alcoholics,' and several other pamphlets, but still he goes on prescribing as freely as ever, as far as I can learn."

The difficulty was satisfactorily obviated in this case, through using the means recommended under the headings BREAST, NIPPLES, NURSING, &c.

The way in which the accoucheur works on the fears of the patient, so as to bring her to the use of alcoholics, is often disgraceful. This remark is particularly applicable to *first* confinements.

ACCOUCHEMENT, followed by palpitation. *Somerset*.—"My wife is suffering from Palpitation of the heart. Can you give me some advice? Perhaps I had better give you some particulars about her

case. We are both teetotalers, and have been for several years. We have been married about six years, and during that time have had four children, the youngest is now about ten weeks old. Pregnancy is attended with dropsy, and before her last confinement, my wife was very stout, and her legs remarkably large. After her confinement, she was very weak indeed, but having a good appetite, she got pretty strong in about six weeks, and for about a fortnight she engaged with her work, that of cheese-making. About a fortnight ago she had a severe attack of Palpitation of the heart, which seemed to jump out of its place, it then almost ceases to beat for several seconds, when all at once it beats at an extremely rapid rate. She has had several attacks since, and sometimes we think she cannot live, and now she is in a very weak state. The baby she weaned about a week ago. Her friends, who are opposed to Teetotalism, say, that it is through her being a Teetotaler, and that her life will be sacrificed through not taking stimulants, &c."

The treatment consisted, medicinally, of *Compound Decoction of Aloes* and *Compound Mixture of Iron*, to which was to be added, while dropsical symptoms prevailed, a little *Spirits of Nitric Ether*. The result was communicated to me in the following words :

"I am happy to inform you that my wife got completely restored, through your kind advice and treatment, from her illness, without the use of intoxicating liquors, although medical men in our neighbourhood declared it could not be."

ACCOUCHEMENT. *Yorkshire*.—"My wife was confined three weeks ago, and of course she is weak. Her medical attendant has ordered her to take a pint of Burton Bitter Beer a day, and he says that he has nothing in his surgery that will do her half the good that Beer will, and that it will be a deal worse for her if she does not take it. He says that she requires an alcoholic stimulant. We are both teetotalers, and object to the thing coming into the house ; we object to it for the child's sake, not wishing to be the means of creating in our child an appetite for drink—and we do not wish in any shape or form to encourage the drinking customs of our country."

I prescribed some *Compound Mixture of Iron*, and the bowels to be regulated with *Compound Decoction of Aloes*. The report was "My wife got better without intoxicating drinks."

AGE. *Wexford County*.—When old persons sign the pledge of Teetotalism, there is, and not unnaturally, fear for the consequences excited in the breasts of their friends. A lady wrote to me respecting the following very admirable testimony and case, (which I give as reported in a local newspaper) inquiring what I thought might be the result. I replied that the step taken was most decidedly in favor of health and longevity.

At the annual soireé in connexion with the *Ardamine and Killena Christian Total Abstinence Society*, Lieutenant-General Hall, C.B. said, on taking the chair, "That he stood there as an old man of seventy-four. Of that period thirty-three years had been spent by him in the trying and unhealthy climate of India, and these years had been occupied in hard and laborious duties, both as a civilian and a soldier. He mentioned this in order to tell them that his health had been greatly shattered, so much so that he had been compelled to give up professional life at the age of forty-six. Such was the state of his health at that time that, he assured them, he felt an older man then than he did now. Well, on coming home from India he had not only shattered health, but he had other ailments of a most trying and painful kind, and he put himself under the care of his former school-fellow, the late Sir Henry Marsh. This eminent physician ordered him to take six glasses of sherry daily, instead of two glasses which had been his usual portion, and for three years he complied with this and other treatment without any improvement. Quite accidentally he was led to dilute with water the daily allowance of wine, and he found that this acted as a charm; he felt generally stronger and also great relief from the gnawing pain of his special malady. He followed up this mode of cure; he diminished the quantity of wine; by degrees taking less and less, he felt better and stronger; and now that he took none, but drank only of the pure spring, he believed he was in every respect better, and, most certainly, was none the worse. So much for himself. He would now give them a different instance to show the advantage of Teetotalism in another way. Some years ago a man, and indeed a Wexford man, had come to him with his spade over his shoulder and asked for a few days' work; he was a good workman, and he (General Hall) got into conversation with him and he found he was a Teetotaler. He asked him, Why? The man said—"Sir, I venerate my old father, and I, on one occasion, saw

him drunk, and from that day I said I'd take the pledge." Struck with the nice feeling of the man, and finding him, as most Wexford men are, a good workman, he had been continued in employment, and now, this same day-labourer occupied a position of trust, superintending property to the amount of a thousand a year, and had had a sum of ten thousand pounds passing through his hands, not one penny of which had been misapplied; and all this would probably never have been the case, had not the man been a Teetotaler."

And yet some ignorant "doctors" would knock this beautiful thing to pieces!

**BOILS.**—The following tells its own tale. It is sent as a warning to others similarly afflicted:

"My age is forty-six, a Teetotaler for about twenty-seven years, and have enjoyed almost uninterrupted good health and able to endure without weariness any amount of work in my business, that of a draper. For several years I have had a few boils, but this spring I had a great number about the knees, which caused inflammation, so that I was obliged to lay up for a few weeks not being able to work. Wishing to get rid of these troublesome things I called in our medical man, and was ordered stimulants, port wine, bitter beer, and tonics which he sent me. I took altogether about 12 bottles of wine, also bitter beer, and a little brandy, with tonic medicines of great strength. Under this treatment the boils became of a worse description and, eventually, carbuncles formed in the same locality, the last of them a large size. The stimulating treatment caused something like inflammation of the stomach and parts adjacent with great pain and violent sickness, lasting for about twenty-four hours, leaving me in a state of utter prostration, with an enlargement of the liver, so that a hard lump could be felt outside the right ribs, with great pain and shortness of breath, and only able to lie in one position and that on my right side. Being in this state I decided to take neither medicine nor stimulants, but trust to taking as I could bear a little of the simplest and most digestible food. In about three weeks I was able to get out a little, but so weak that I could only get a few yards at once and that with difficulty. Under these circumstances I went to Dr. Edmund

Smith's establishment at Ilkley Wells, &c." I am sorry that the remainder is missing, but recovery was satisfactory.

BREASTS GATHERED. *Manchester*.—"Five weeks ago my wife was *confined*, and ever since has been weak, suffering from *gathered breasts*. Her medical attendant states she must drink porter. Do you think it wise for my wife to take it?"

I dissented from the porter plan, and with what result will be seen from the following :

"I obtained, according to your recommendation, a bottle of the *Compound Mixture of Iron*. The patient took three or four doses, and appeared better—but the doctor happened to see the bottle, inquired its contents, and was accordingly informed. He stated that if continued, the gatherings, which were then on the decline, would not disappear, but that the iron being too heavy for the blood would give rise to others.[?] His orders were complied with, but another gathering ensued which caused great pain, and discharged almost a pint of matter. Thus it was evident that the *iron* did not cause the abscess. Things went on very unsatisfactorily for about three months, the gatherings although abated, not entirely taking their departure, and still in a most prostrate condition. At length, her medical adviser stated that nothing could stop the discharge and recruit her strength, but to return to her native air. But I had not forgotten your *Mixture*, and always expressed my belief that it would have the effect desired, but my reason for deferring its use, was the doctor stating the gatherings would recur unless Mrs. — was entirely free from them before she took the mixture. However, I determined to defer it no longer, so I obtained another bottle of the mixture, and the day after taking it, there was a visible change for the better. To be brief, I may say, that after taking it for about three weeks, she is almost well. The discharge has ceased, and she is quite strong again. She will not now have to seek good health from her native county, for I may say she is convalescent, and this great and desirable change brought about without the use of intoxicating liquors."

CLIMATE.—To show what a foe to health is *Alcohol* the world over, I give the following extract from a letter by a physician resident at the antipodes, *Queensland*. The letter was read at sundry public

meetings, held by the Commissioner for the purpose of affording information to intending emigrants.

"The only persons," says Dr. Holes, "who should not come here are those who are subject to cerebral diseases, and persons of intemperate habits. This climate will not tolerate the drunkard for any length of time; it disposes of him very rapidly by sending him to the lunatic asylum, a raving maniac or helpless idiot; or to the hospital, with his liver enlarged and as hard as a brick. In fact, persons who can't live without strong drink should never leave a cold climate for a warm one; for the latter is exhilarating and stimulating enough from without to need no combustible material within."

**COLD. Devonshire.**—The following may give some idea of how sadly ignorant a practitioner may be as to the best steps to be taken to maintain strength and vigor.

"I think my weakness originated in a cold. I felt weak in my chest and had a pain in my right side. My appetite was good. My doctor ordered me to drink 1 quart of bitter ale a day, and cold brandy and water if the ale did not stimulate me enough. He said he wanted to get me up. I reasoned with him about the drink as I had not taken any for many years. He said I required it, and bitter ale would not affect my head as other ales would. He strongly prohibited public-house beer and wines in my case. I am about thirty years of age, &c."

What are we to think of this treatment for a cold? Is it scientific, or is it not *a mere attempt to make a drunkard?*

**CONCEIT.**—The following is from one of our fashionable watering places:

"I asked my doctor to place wine last in his list of medicines. He at once pompously said that the convenience of the doctor must be considered before the *prejudices* of the patient. Then he twaddled about the wickedness of refusing to use God's good gifts; and finished by actually asserting 'that *not a leaf ever decayed and fell to the ground without producing alcohol.*' I used every argument to convince him that alcohol is not anywhere found in a natural state; and discoursed quietly on the constituents of the thing. All was of no avail."

CONSUMPTION. *Jersey*.—A lady whom I met here afforded me the following bit of family history. I relate it because it goes to show how even the incurably consumptive are benefited, *to a certain extent*, by entire abstinence from alcohol.

This lady's mother died of consumption at the age of forty-three, having been afflicted with it for five years, during which she took no wine nor other such drink. A sister died, aged thirty-five, whose illness lasted a like period (five years), and she too was an abstainer. A brother died, aged twenty-eight, his illness was two and a half years, and his sufferings were more acute than those of his mother or his sister. He took alcoholic drink by his doctor's order. The lady herself, aged thirty-six, has been afflicted on the lungs (spitting blood, &c.) for nearly seven years [July 1863], and is still rubbing along. Though weak and *very* reduced in flesh, she has passed her time with comfort comparatively great for one so afflicted, able to attend to duties, a little to business, &c. And then there is the unclouded, unbewildered intellect, the calm and sunshine of heaven begun below! How much of all this would have been disturbed and marred by the introduction of alcohol?

DIPHTHERIA.—The following is from a clergyman in *Bedfordshire*.

"I much wish a little information on a questionable point. We have buried, within short intervals of each other, four children who have died of *throat* complaints, usually called *diphtheria*. Ages, five, six, seven, and eleven. Another now lies very ill in the same way. The doctor in attendance continually urges and requires *wine*, particularly *port wine*, to be given almost hourly, and sometimes every half hour. To swallow this wine *terrifies* the poor little mortals, causing dreadful smarting, and one dear boy (aged 5) was ready, after taking it, to tear his throat open with his nails. The mothers are obliged (seemingly) to scold and put themselves out (though distressed beyond measure themselves to do so) in order to *make* the children take it. Can this mode of treatment be suitable? It seems to me like adding fuel to fire. Two days ago I found a little boy (aged three or four) with a white lump in his throat, taken poorly only the evening before, the mother had given it wine in the evening, and it had more in the night. The child's cheeks were red as crimson, and it could eat nothing. (The doctor attending advises brandy, wine, &c., continually, almost to every body)."



I answered this, recommending the treatment specified under DIPHTHERIA (which see), and soon after got the following :

"Many thanks for your late favour. We have buried another fine healthy lad, twelve years old. Three children ill, but mending. Wine less used, and I quite believe the medical men are now changing their treatment. I have every where cautioned mothers against drenching with wine and 'spirits ; no doubt they have told the doctor."

To-day (July 28th, 1863) I have heard again from this clergyman, and he says ; "Since my last we have had *many* cases of Diphtheria in our village ; no more deaths. I every where protested against drenching with wine. Much less was used, and many were presently better and recovered. Alas ! for the five poor children we have buried. I suppose the complaint was little known at first, and treatment not suitable."

**FAMILY WORK.** *Somersetshire*.—A well-known gentleman, of most active business habits, writes thus :

"We are a *family of teetotalers*. Eleven children, of the age of from five to twenty-five, the parents fifty years of age. We have been married twenty-seven years. I have been a teetotaler during that period ; my wife has been a teetotaler for the past twenty-five years, and I mean by our teetotalism, an *entire absence from alcoholic beverages*. If any of us have had alcohol at all, it has been administered unknown to us, as a drug. Of course, then, my wife has passed all her nursing periods as a teetotaler, and all the children have passed the usual ailments of childhood as teetotalers. A friend near us, and his family of twelve children, are a *similar case to ours*."

I may add to the above, that a friend, in *Devon*, at whose house I was visiting, supplied me with a photograph of himself, his wife, and fourteen children, all alive, all well, and all Teetotalers.

**FEVER.** *Cornwall*.—"In the year 1856, I had an attack of Fever—Typhoid. The fever continued about five weeks. I became so weak that I could not get *out* of bed, nor indeed sit up *in* bed, without assistance. In about six weeks from the commencement of the fever, I got out of bed, and rapidly increased in strength, and in four weeks more (that is ten weeks from the commencement of the

fever) I quite recovered my strength and resumed my regular occupation. During the *whole* of the above-named time I *never tasted a drop of any kind of intoxicating liquor*, and never once lost *the use of my reason* (except in sleep) as is often the case when intoxicating drinks are resorted to. I was twice pressed to take intoxicating drinks by my medical attendants, viz. first, just as the fever had taken a "turn," and again when I became convalescent, but I persistently stuck to total abstinence, telling them that I believed Teetotalism was good in sickness as well as in health. After my recovery, my medical adviser told me he *never* had a patient so weak through fever and yet recover so *quickly* as I had done. I *have never lost a day's work since that time from the ill effects of the fever or from any other cause*, now nearly six years ago; my age at the time was twenty-five, very slight built, weight about 140 lbs., my diet consisted principally of new milk."

FORCE.—The subject "*Correlation of Force*," will come up for study in the attempts making to elucidate the true place and power of Alcohol as a medicine. With some slight alterations we insert an extract from "*MELIORA*" (July).

Dr. E. Haughton, comparing the human body to a locomotive steam-engine, insists on the analogy between the fuel of the one and the food of the other, both fuel and food being alike, *in their disintegration*, the source and measure of the power evolved. All vital [life] action depends on power acting through an organism; and life is the condition which determines whether the external forces shall produce physical or vital changes. The organic force latent in the fuel is transformed in the steam-engine successively into (1) heat, (2) the elastic force of steam, and (3) mechanical power. The conditions of the living human body enable it to transform the respiratory [carbonaceous] food into animal heat, and also the plastic [nitrogenous] matter of nutrition into both the vital [contractile?] force of the muscular tissues and the peculiar force of the nerves. The vital force of the muscular tissues constitutes (or is what we otherwise call) *cohesion* and *irritability*; the peculiar force of the nerves enables us to feel and to will.

"Let," says the writer in *Meliora*, "the people but once master this great idea, and the notion of alcohol being in any sense a creator of force, falls into the limbo of exploded absurdities."

**FOREIGN BODIES.**—These may be removed from the **EYE** with a camel-hair brush moistened with a drop of sweet oil; or a ready instrument may be made by twirling a bit of paper between the fingers, and softening in the mouth the end of the spill so made.

For the **EAR** the best instrument is a goose quill, the barrel to be cut off about three-quarters round to within one-eighth of an inch of the tip; which, being left, forms, as it were, *a little bucket*, the other long part being the handle. This, softened in warm water, or in the mouth, will flatten on being thrust down at the side of the body to be extracted, and will yet be elastic enough to expand again on getting beyond it. Thus a holdfast is gained which I have invariably found to be successful.

For the **NOSE** also the quill instrument is convenient; but as the passage here is larger, the forceps is oftener available.

As to *Foreign Bodies* in other passages, the surgeon may have to be consulted. It is useful to know, however, that, with gentle management, (or Chloroform might be used,) the whole hand can be passed into the *Rectum* without the least risk of any permanent injury; and no extractor of *metal* can compete with the *living* fingers. The *Gullet* is served through the probang or the emetic; the *Windpipe* through position or tracheotomy.

**HEADACHE.** *Kent.*—"I have just had a poor fellow with whom I took some pains to wait upon at his home about eight months since, where I found him bruised and bleeding. He signed the pledge, and I believe has faithfully kept it. Being a little indisposed through headache, he saw the doctor—in fact there were two—and strange to say, both of them insisted upon his taking beer or porter. He positively refused. 'Then he must take Brandy.' Oh! sir, I tremble for the consequences if he should be persuaded. I gave him a little Citric Acid and Carbonate of Soda, did I do right?"

**HEADACHE.** *Salford.*—"I am fifty-one years of age, and for the last seven years I have been troubled with very bad head-aches. I have had very severe attacks with jumping and twitching pains in my body, but particularly my head; the last attack was a month since, something like an Apoplectic fit, and at times I go very sick and faint, as if the use of my limbs would go. My doctor says that

nothing but Gin-and-water will revive me when I have such a feeling."

This case was treated with *Compound Mixture of Iron* and *Compound Decoction of Aloes*, and the result has recently been communicated as follows :

"It gives me pleasure to inform you, with reference to the complaint in the head, under which I was suffering in 1861, that although I was recommended by my doctor to take Gin-and-water as a remedy ; yet, being an old teetotaler, and having conscientious objections to admitting the evil under any form ; I never followed his advice. You were kind enough to send me a prescription at the time, which I have used and found highly beneficial. Sometimes I feel a slight return of the complaint when I always resort to your prescription as a cure. I have given your recipe to some of my friends, who have been troubled in a similar manner, and they state, that they have been greatly relieved by it."

HEART (Palpitation). *Hants.*—"I shall esteem it a very great favour if you will kindly prescribe some remedy for a complaint under which I have been labouring in a greater or less degree during the last few months, viz. a violent palpitation of what I suppose must be the Heart ; there are indeed some intermissions for several successive days, but when it is severe, it seems as if life was passing away."

Some aperient was prescribed, and Acetate of Morphia at bedtime. This affecting the head was discontinued in a week or so, and the diet altered so as to embrace more nitrogenous material, an egg morning and evening, the result is thus stated :

"In reference to the palpitation of which I wrote you, I am thankful to say that I have not had any symptom of it for more than two months."

HEART. Spasm after Rheumatism. *Lancashire.*—"My object in writing to you is my wife's health, whose case is as follows. She is now forty-two years of age, enjoyed good health till about ten years since, had been married then four years, had two children, and was *enceinte* when attacked with Rheumatic Fever severely. A premature confinement took place, and she remained ill for ten months from the commencement of the fever. Since that time she

has suffered from torpidity of the liver, occasioning frequent and severe attacks of congestion, and though she has been exceedingly careful as to diet, &c., she is always liable to an attack upon the least alarm or anxiety. The advice she has had from the medical gentleman who has attended our family for years, relieves her, but does not act as a preventive—and there is always the advice to use a little spirit. This she has ever had a great objection to, in fact, until advised, never drank anything in her life. During the last year or so, she has been subject to very irregular action of the heart, usually preceding the liver attack. The heart seems to stop, occasioning rigidity of the body, gasping for breath, and intense pain in the chest (I have at such times feared death). Then the reaction is almost as bad, and entire prostration ensues, lasting several days. My wife is of a very active habit and is somewhat thin in person but with full chest."

The malady here being incurable, I advised that the *diet* should be as dry as possible, and prescribed an opiate for the paroxysm, and an occasional dose of *Compound Pill of Gamboge*.

The subsequent report was as follows :

"Mrs. ——— is about the same, she has not had a paroxysm of the heart since I wrote to you, nor has there been any derangement of the liver. She is extremely careful of diet—and also of exposing herself to wet. I think she seems stronger than she was."

HEART. Valvular Disease. *Yorkshire*.—"There is a gentleman at the village in which I reside, who for the past three years has been suffering from an affection of the heart. The medical men whom he has consulted call it "valvular derangement." They tell him that the valves are "indurated, perhaps ossified." He has no pain, and his appetite is good, but when he walks up a hill or has any little extra excitement, there is a feeling of partial suffocation. He is now 62 years of age, and a teetotaler. Dr. B., of ———, told him that in his judgment his teetotalism was decidedly in his favor. He has however recently consulted a physician, who prescribed "a little brandy every day." The village surgeon, too, is constantly urging him to take "a little wine." Under these circumstances he is sorely puzzled. He has not yet, however, taken anything of the kind, and is exceedingly unwilling to do so. I had an interview

with him yesterday, and told him I would write and ask you your opinion on the case."

I give this as a specimen of how desperately bent on mischief some of "the faculty" are.

Of course I urged the *necessity* of abiding by abstinence. See **HEART.**

**INDIGESTION.** *Cornwall.*—"I beg to say, that after being under the care of doctors and chemists, and taking a deal of medicine, attended with great expense, for above twelve months, for a *severe attack of Indigestion*, without any benefit, I tried cold water, and thank God I found relief in less than a month, and after using it six months I am restored to perfect health, and was never better than I am now."

**KIDNEYS.** Inflammation. *Staffordshire.*—"I was suddenly taken with inflammation of the kidneys, and was confined to my bed nearly three months, and suffered extremely. My medical attendant was a drinker, nevertheless he informed my wife that it was well for me that I was an Abstainer; so much for a drinking doctor's testimony! I remained in a prostrate condition the following winter. Being confined to my home in the spring, the doctor thought change of air would do me good; so I visited my native town in Wales, and remained there two months, and was recruiting strength fast when I was suddenly called home in consequence of illness in my family. I had not been back long before I had another attack of inflammation, which again laid me upon a sick bed. I cough very much, and the last few days I have frequently been spitting blood; and have had pains in the head, back, and right side, and I am very low in spirits."

I prescribed for this friend, and in two months received the following:

"Very many good-intentioned Teetotalers, when in sickness, have made fearful wreck of their temperance principles, through the folly of ignorant friends and unprincipled doctors. But, my dear sir, it is something for me to be thankful for that such is not my case. I was very suddenly taken with inflammation of the kidneys about two years ago. I was confined to my bed for some considerable time, and was brought extremely low; and having had several

attacks of inflammation since, and each attack leaving me in a very prostrate condition, I am proud to say that my medical attendant never, in one instance, ordered me to take any kind of intoxicating liquors during my long illness. But on one occasion my good wife informed him that I was an abstainer; his instant reply was, "It is a good thing for him that he is." I now thank God, that with the aid of fresh air, and cold-water washing every morning, my strength is rapidly returning, without the use of any alcoholic stimulus. I rejoice also to state that I have been a Teetotaler thirteen years, and a wife and seven children all staunch *Teetotalers*."

LIVER, *and other ailments.* *Kent.*—The following letter, though rambling, is instructive. Sense is seen overcoming prejudice.

"I have been in the grocery trade twelve years, age thirty-six. Eleven years since I had small pox, and recovered rapidly. About ten years ago I had rheumatic gout; a doctor of the old school recommended porter; I refused; got well in two or three days. In the winter of 1859 I had another prolonged attack of the same complaint; my friends insisted on my sending for Dr. ———, he gave me medicine, and ordered me to drink water and wash with cold water. I recovered again in a short time. The winter of 1860 being very severe, I had another attack. I believe the cause is sluggish liver from nervous exhaustion. I find that quietude of mind and very light food are the best for me. I have a very strong conviction that alcoholic liquors, in any shape or form, are not only useless but positively injurious; and I think I have a very good proof of this in the case of my wife. About seven years since, she being very unwell, called in a medical man; he ordered her bitter ale. Accordingly a four-and-a-half-gallon cask was procured direct from the brewer's. She gave it three months' trial, but gradually got worse, and gave it up. About a week after she began to mend, when I poured the remaining one-and-a-half gallon of ale down the gutter; and we then and there made a law that not a drop more should come into our house.

"I have seven children, and though they have not been free from illness, we have managed to get them through it without the aid of either doctor or alcoholics.

"Should these few facts be of any service, I shall be truly glad."

MODERATION.—As to what is moderation. In Vol. II. of Dr. Todd's *Clinical Lectures*, the following cases are given :

“C. T., æt 55, a copperplate printer, denies being an intemperate man, but admits that his habit has been to drink about two quarts of porter and a quartern of gin daily.”

“W. F., æt 54, a baker, who although not very intemperate, has been in the habit of taking his full allowance of fermented liquor ; he admitted that he lives well, and that he usually drinks two or three quarts of porter a day, to say nothing of a little gin.”

And the doctor himself does not stigmatise these as cases of intemperance !

NURSING.—“Many thanks for your kind reply. I need only say that my wife has had very little trouble with her breasts. She went very well through her confinement, and no spirit was needed ; now, however, the doctor has recommended her to take ale or porter as a SUPPORT (!) during the period of nursing. She at once told him that, being a Teetotaler, she could not ; and he ordered her mutton chop, broth, &c. She has also taken gruel and oatmeal, and has generally had a good supply of milk. The only difficulty being of an evening, when she has scarcely any. I venture to trouble you for advice in the matter.”

I simply advised that the nursing should be attended to at proper periods, so as to afford more milk at the day's end ; and if still deficient, to take  $\frac{1}{2}$  oz. of *Compound Mixture of Iron* three times a day.

NURSING AND GATHERED BREAST. *Yorkshire*.—“My wife has been very unwell for some months ; she had a baby five or six months ago, but even previous to that was not well. The surgeon who attends her says it is nothing but nervous debility and general weakness, and has insisted upon her taking bitter beer. Her mouth and tongue are sore, and sometimes painful. After her confinement she suffered very much with gathered breast, and gave up nursing. About a month ago she returned from a five weeks' visit amongst her friends in her native county. Whilst there, a cousin, who is a physician, sounded her, and stated that there was no organic disease, but only weak in bodily health, and advised her to take what he



called good support. As total abstainers we do not like to have those dangerous things in our house."

The *Compound Mixture of Iron*, with *Decoction of Aloes* sufficient to regulate the bowels, was prescribed, and the following result is reported :

"My wife took three or four bottles of the medicine, and consider that she derived very much benefit from it. And although I can scarcely say that she is so strong as formerly, yet thanks to an all-wise providence, she is very much stronger than when I wrote to you, and can assure you that she has not tasted intoxicating liquor of *any kind*, nor required a medical practitioner since taking the medicine prescribed."

OIL.—Some persons, from a dislike to fish oil, have taken medicinally other sorts, and amongst these, *Salad* or *Olive Oil*. As far as science has as yet investigated, an *animal* oil seems to be, if not necessary, at all events the best. *Neat's Foot Oil* is second only to Cod Liver Oil, and is easily prepared by boiling bullock's feet, and skimming off the oil as it rises to the surface. In some cases *Clarified Mutton Suet*, from  $\frac{1}{4}$  oz. to  $\frac{1}{2}$  oz., dissolved in warm milk, is an agreeable and effectual substitute, this quantity being the equivalent of a dessert or a tablespoonful of oil.

OVERWORK AND CONFINEMENT. *Nottinghamshire*.—"I am thirty-nine years of age, a hair-dresser by trade, and have been a total abstainer seventeen years. I have generally been in the shop from six or seven o'clock in the morning until nine or ten at night, and twelve on Saturday nights.

"About ten years ago I was very busy trying an experiment, and staid up late nearly every night for some weeks, until for want of more out-door exercise and fresh air in the day and more rest at night, I began to feel very languid and feeble, could not take my food as usual. I called in the doctor, who examined me with great care, and said, 'You are very low indeed, you must take some brandy, and unless you will take some you cannot live long.'

"Knowing my doctor was fond of ordering brandy to his patients, I determined not to be *compelled* to swallow it. At length, after a very animated discussion, that did me a deal of good, the gentleman was about to leave me without offering to send me

any other medicine at all, but when just leaving, said, with a significant look and nod, 'If you think well to try a shower-bath (cold) you may.'

"I lost no time in going to the baths, and pulled all the water down at once, and then began to rub briskly from head to foot. Afterwards I took a walk, and returned home with an appetite. I followed the above plan the four following mornings, and drank some new milk fresh from the cow.

"The fifth morning the doctor called, and after feeling my pulse he exclaimed, 'You are much better than you were.' I asked if I should continue the baths, when he said, 'You cannot do better.' I am thankful to say that I have not had occasion to call in any doctor since.

"From childhood I suffered from the headache in hot weather, and the blood I have lost from bleeding at the nose, after active play or exertion, is incredible; until I was recommended to bathe my head with cold water every morning, which I have done for fifteen years, and it has cured me.

"For the last eight years I have taken a deal of Sabbath labour as a Wesleyan Local Preacher, often walking from four to sixteen miles, and taking two services and occasionally three.

"Kind friends have frequently offered me a little wine, &c., when I have been fatigued, until they knew my principles.

"About three years since I certainly was very unwell, not having had two days' recreation together, from home, for fifteen years; I found it necessary to go to the sea-side for a fortnight, when the change and sea-bathing soon set me right.

"I have found inward and outward use of cold water better than all the stimulants I ever used in my life.

"If ever any of our eight children fall victims to the drinking customs of society, it shall not lie at my door. Not one of them has ever tasted strong drink; and I hope and pray they may never yield to this body-and-soul-destroying vice, but live to bless the world, and leave it better than they found it."

**OVERWORK.** *Manchester.*—The friend who sends the following is a very laborious advocate, travelling and speaking after a fashion that should shame many a drinking speaker.

"I am afraid that my case will scarcely suit your purpose as an

illustration, nor do I think that I can put it exactly '*ship-shape*.' The attack and symptoms were of a complex character—pain in the back and loins, of the lumbago type; pain in the groin, also in the side, something like a false pleurisy; also a pain in the region of the bladder; and added to all this, a bronchial affection, accompanied by a severe cough. I took medicine as per the prescription I had from you, and also a little Bryonia and Nux Vomica of the Homœopathic '*ilk*.' At all events I recovered without alcohol in any form."

OVERWORK. *Midland County*.—"I beg to give you a few particulars, but withholding names as I have a great dislike to seeing my own in print, and do not feel quite at liberty to quote others without obtaining their consent—application for which would involve trouble and probably useless trouble, as they, being alcoholic prescribers, would perhaps refuse it or encumber it with conditions I could not accept. I accompany this communication however with the means of satisfying yourself, and I hope that it may be relied upon as trustworthy and correct.

"I have now been some twenty-six or twenty-seven years a total abstainer, during which time I have generally enjoyed good health; though, I am sorry to confess, not always acting prudently in respect to avoiding over fatigue, or in getting exercise, &c. These causes combined with others unfavorable to health have produced their natural results, and I have had occasional breaks down which have led me to seek medical advice. On one occasion I consulted a very eminent man—a man of European reputation—who advised rest, avoidance of fatigue, care in what I ate and drank. On telling him I was an abstainer he asked me to prolong my call and entered into a long and interesting conversation, asking me innumerable questions as to mental exertion, &c., &c.; and on receiving my replies told me he did not think I could have gone through all as I had if I had not been an abstainer, and giving voluntarily a deliverance like this, if it was not indeed in these very words, 'Mr. ———, I consider it may justly be calculated that total abstinence adds, on the average, ten years to a man's life.' I was not prepared for this, and said, 'I suppose you mean as compared with that of a *free* drinker?' 'No,' said he, 'I mean as compared with a moderate drinker.' I at once said, 'I hope you are a teetotaler.' 'I wish I

were,' said he, 'but I have not the moral courage.' At another time, another London M.D., who was also a personal friend, strongly urged me to take stimulants as *essential* to the recovery of my health, assuring me that though 'he was no enemy to total abstinence in many cases, it would not do in mine; and that if I did not take care I should 'drop off like a rotten pear.' I was of course a great deal struck with this, and said, 'Well, I'll just try what *rest* and attention to diet, &c., will do, and if I am not better in a fortnight you shall write down what you now *say* and I shall feel quite at liberty to take the wine, *not as a beverage*, but a medicine.' He was annoyed, and, I believe, as a friend really grieved, by what he designated, though not at all in a rude spirit, my stupidity and folly, lest a fortnight should see me past—or in a much less favorable condition for—recovery. I did, however, *try*, and in less than a fortnight was able to report myself far otherwise than a rotten pear. Again, on one occasion, two M.D.'s of considerable repute were consulted and wine was ordered but not taken, rest and care proving sufficient. Again, after a season of great anxiety I was from home on business demanding, or to which at least I gave, great and close attention. I broke down and sought advice of the leading physician in one of the large towns of the north of England. He prescribed, insisted that I should cease attention to business, and recommended good living and 2 or 3 glasses of sherry daily. 'But I'm a teetotaler.' 'I am sorry for that.' 'Can't you give me something else?' He took up another piece of paper, wrote on it, gave it to me and said, 'Well, take that,' evidently not well pleased. 'Allow me to explain,' said I, '*my* teetotalism won't preclude my taking the wine as a medicine if needful, will this medicine do as well?' 'Oh yes, if you *like* it as well.' So that removed my difficulty, for to tell the truth, I had begun to think wine would do me good and was what I needed, as I had indeed rather imagined on former occasions. I had no difficulty with my convictions of the mischief attending the drinking usages in choosing the unpleasant medicine, though I had not forgotten the very agreeable taste of wine, and I again recovered. This is now several years ago, and here I am still, between sixty and seventy, better and happier than any wine and beer drinkers, and I hope more useful—at all events setting no *injurious example* in this respect. Now, I do not doubt that with rest and care I should have rallied in all these cases if I had taken

the wine; but it is clear it was not, as the doctors' thought it, necessary; and I am sure that if I had taken it, they and my friends—and probably myself also—would have ascribed a large share if not the whole of my recovery to that pleasant agent; and who knows that I might not have acquired a taste for it, as so many others have done, not to be satisfied with *moderation*? While I am sure many would have said, 'Ah! you see Mr. ——— broke down with his teetotalism, he was obliged to take wine and that cured him!' The impression left on my mind is, that few medical men have sufficiently studied the question; and that thousands of them, knowingly or unknowingly, are thus lending themselves to a most hurtful delusion."

**PREJUDICE.** *Yorkshire.*—We can see in the following, how contemptuously some medical practitioners regard Teetotal work:

"A younger member of the same family has been ill, and the same medical man as in the former instances recommended this boy to take strong drink; being a member of the Band of Hope he refused, but after being pressed he asked the doctor when he must give up the use if he commenced to take them. The reply was, 'When you are as old as your father is or as I am.'

"Surely this man does not truly represent the profession."

Another correspondent writes from *North Devon*: "I was much disgusted with a medical man here yesterday, who had called on a friend of mine to drink ale, and who is trying all he can to persuade him to take snuff, and says that he has no doubt that it will do him good. He is of course himself a dirty snuff taker. I shall try my influence in the opposite direction both as to snuff and ale, my friend being a man of very full habit and a very likely subject for apoplexy."

**RHEUMATISM.** *Staffordshire.*—"I am suffering from bad Rheumatism in my ankles and feet. They swell when I stand or sit (walk I cannot without a stick). I am unable to work. I might say that my age is twenty-nine years. I am in good health, that is, I can eat my food well. But through the pain from my feet I have fallen away in weight about twelve pounds in a month."

I prescribed some Hydriodate of Potass, Extract of Colchicum, and Chlorodyne. The result was as follows:

"I am happy to say that the medicines you prescribed for the Rheumatism in my feet and legs did me good as soon as I began to take them, and I was able to go to work again in a very short time."

**RHEUMATISM, &c.**—"I beg to inform you that I have thrice recovered from severe illness without the use of intoxicating drink of any kind. The first sickness was a Rheumatic fever by which I was attacked at the age of thirty-four. The second was, four years after, a Bilious fever, which brought me so low that my friends thought I should not recover. I was in bed six weeks and could not raise myself up for some time. My medical attendants ordered wine and porter, but I did not take either, telling them plainly that milk would do me more good, to which they assented. For the last two years I have done all the household work in my family consisting of five persons. I had beef tea, tapioca, new milk, eggs, and other things; but no alcoholic drink. I never signed the pledge, though my husband has, and we have both been abstainers for many years."

**SCURVY. Yorkshire.**—I have no doubt but the following was a case of genuine Scurvy, and the medical attendant seems to have *stumbled* on the remedy, rather than to have been familiar with it.

"My gums and teeth were so bad that I could not eat. The doctor came, looked at me, and asked what I had been taking. I told him. 'Why,' said he, 'you are salivated as bad as if you had taken a lot of Mercury.' He ordered me to take some cider, or port wine, but as he was then retiring, I had no opportunity of telling him then that I could not take it. He sent me some medicine, and shortly after I began to suffer acutely in my mouth. One of my friends went to tell him, and he asked if I had had any cider or port wine; my friend said, 'No, that I declined taking any.' He said in reply, 'That if I was no better, he should insist on me taking some.' I was very bad, and had had very little food for a whole week, and my friend urged me to take either the cider or the port wine. I still refused to take either. My doctor then ordered them to get me some lemons, and I was to drink plentifully of lemonade, he said he ordered me the cider and port wine (especially the cider) because of their acid properties; but if I drank plenty of

lemonade that, he said, would answer the same purpose. My friend brought me a quantity of lemons, and I drank freely of the lemonade. I kept improving every day, and shortly got well."

SHOCK. *Bedfordshire*.—"Since my last to you, a very remarkable case of illness and death has occurred in —. A young lady, cheerful and blithe, was walking with her mother; the latter sat for rest on a stile, the other on the grass. It might be five minutes. Miss — became ill—thought to be inflammation. A medical man attended; suspected no danger. Another saw her, and at once said, "*She is dying*." At this stage, a *pint of Brandy* was given at one draft. After this, five glasses of Champagne, &c. After two or three days, she died, to all our world's astonishment and regret. Age twenty-one, or nearly. It caused a great sensation. Could the brandy-administration be right and prudent?"

I can hardly conceive anything worse. The better plan may be seen sketched under SHOCK, to which turn.

SMALL POX. *London*.—"I was seized with that dreadful disease, the Small Pox, and in a few days was in a frightful and distressing state—blind, light-headed, and high fever. The disease took a favourable turn, and I began to improve. In this favourable condition, one day waking from a dose, I heard my doctor and nurse talking something about wine and porter. Without my knowledge, the doctor ordered my landlord to send for some wine for me. The wine was procured, but I never tasted it. Next day, the doctor, on entering my bed-room, said, 'Well, Mr. —, then you won't have any wine?' 'No, sir,' I replied; 'I will take any medicine you think well to send me, properly labelled. If I require spirits of wine, you can send it to me.' 'Yes,' said he, 'but I think there is a vinous principle in wine which gives a tone to the stomach. I know very well these drinks have not the strength in them they are supposed to have.' Nothing more was then said on the subject. I continued to improve rapidly without wine, and about a week after I refused to take it, the doctor seeing me up and by the fire, expressed his astonishment, and after a little time, 'Really,' said he, looking at me earnestly, 'I never knew anyone in the whole course of my practice (he is above sixty years of age), with so much disease get on so fast as you do.' 'I am very thankful,' I replied, and after—

wards added, 'but you know doctor, I have not to thank the wine, nor you for your recommendations of it.' 'Oh! no,' said he, 'I must confess you have gained the victory, and shall wear the laurel.' "

SODA EATING. *Shropshire*.—"We have a most singular case which gives me great perplexity. Our servant, brought with us from the Isle of Wight, has for some years been taking constantly *Carbonate of Soda*, and is as much in love with it as an opium eater is with opium, or a smoker with tobacco. She has taken as much as a pound a week. We knew nothing of it until lately. Can you, as a favour, advise us as to the best mode of proceeding with her? She is almost beside herself if she cannot get it."

I simply advised breaking off the habit, and drinking for a short time water acidulated with a little acid, either *Muriatic* or *Sulphuric*.

STRICTURE. *Middlesex*.—I can only give the following comicality for as much as it is worth. I suppose the alcohol kept up some irritant action which was mistaken for a worse affair. Every name of person and place is given in full in the original.

"I am aged fifty-four. I was suffering from stricture for upwards of twenty years. I was attended by Mr. —, of —, Surgeon; by Dr. —, of —; was in — Infirmary three weeks; went through surgical operations eleven times, by Dr. —; had hot baths eighteen times; came home and was as bad as ever in less than two months. Attended by Dr. —, of —, he said I should die some day suddenly; also attended by Dr. —, of —, with no better result. I signed the pledge of total abstinence, in July, 1858, and in less than six months it produced a perfect cure."

TYPHOID FEVER.—The punctuation in page 128, line 13, conveys a wrong impression. The meaning is, that the mortality of the Fever is in *Hospital and City practice* 20 per cent. In *Country practice* less, not exceeding 10 per cent.

TOBACCO.—A correspondent writing from Devonshire, informed me that he had just read at a Literary Institute, a paper against smoking, in which he attempted to show that there was not a *natural* appetite for smoke, that the habit was expensive, contrary



to the broad principles of the Word of God, &c. A — minister (!) took the opposite view. Contended that smoking was beneficial. "It helped him to study," and he thought the Word of God gave him as much liberty to smoke as it did another not to smoke.

This advocate must certainly be a dark lantern.

The next case exhibits a somewhat rare example of the poison acting, through the brain-centre, on distant branches of nerves.

"I lay my case before you as I cannot get any good done me by the doctors about here. My age is forty-five. Some years ago I caught a chill, and of late if I walk a little sharper than at other times, there will be something like pins all over me, and this last month there is something at times like creeping over or in my flesh, with the same feeling as if any one was playing with his fingers under the soles of my feet, only it is all over my body. At times, a burning heat here and there in my flesh. I find it worse if I smoke a pipe of tobacco. I have told the doctors about this place that such is the case, but they don't believe that the pipe is any harm to me, and still they cannot do me any good; I only get worse by what they do."

I give one more, as it is valuable as regards both self and his neighbours—it is from *Somersetshire*.

"Having held office under the Poor Law upwards of nineteen years, I am practically acquainted with the habits of the poor under my charge, including about *six hundred* men, women, and children, which I relieve every week. I have had frequent opportunities of witnessing the *pernicious* and *injurious* effects of *tobacco-smoking*, for I am thoroughly convinced *from experience*, that if the use of that injurious and baneful weed was stopt, many a family that apply to me would be well off without parochial relief. I do all I can to break it down. *I wish I could see respectable people (to whom the poor look for example) leave it off, as I have done for nearly two years.* Before that, I was in the habit of indulging myself with a pipe occasionally, until I became convinced of its injurious effects. I was often suffering from bilious attacks, indigestion, and what was worse, affection of my head, so bad that *I have been laid prostrate on the ground quite insensible*, and very alarming: could not think the reason, but *from advice and my determination, I ceased to smoke*; and I am happy to inform you I have been so much better in every respect that I am inclined to think it will be the means of adding

years to my life. Not a single fit since, now nearly two years ; no indigestion ; no bilious attacks, so that I am now in my sixty-sixth year, and enjoying better health than for years before. I *would* not be tempted to smoke a single pipe of tobacco again for any money whatever, for the impression is so strong on my mind, that were I to do so, I should be committing suicide."

*Union Practice.*—The following, from the entries of the — Union, will give an idea of the reckless way in which some prescribe alcoholics for the poor. Why should the Guardians pay for the drug *Alcohol* any more than for the drug *Aloes*?

"Elizabeth —, 83, Diarrhoea, No. 2 dietary, half-oz. gin daily.

"James —, 73, Asthma, No. 2 dietary, 2 ozs. gin daily.

"Ann —, 31, Labour, No. 3 dietary, 1 oz. brandy daily."

Another writes thus :

"In our Union House, the consumption of Wines, and Brandy, and Beer, is large. One woman has been having a pint of brandy and twelve ozs. of wine a day ; whilst at the same time the cases under the medical officers of the union *out* of the House, have only in one or two instances out of sixty or seventy, these things ordered. I cannot account for this, as there is no doubt but that the patients are much better off in the House as regards comfort and food, than they who are out of the house."

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## MEDICINES AND THEIR ADMINISTRATION.

In the brief remarks that follow we shall aim at being *exclusively practical* ; and to this end shall cull from Dr. Neligan's well-known treatise. Any readers who desire to acquaint themselves with the *reasons* as well as with the *results*, cannot do better than consult the original work.

**ANTACIDS.**—These are given to correct free acids in any part of the digestive canal. They are (of course) *alkaline*, and as medicines of this class have a tendency to diminish the fibrine of the blood, they are not to be continued long without interruption. They are best given in combination with *vegetable tonics*, as these last counteract (to some degree) the tendency of alkaline medicines to deteriorate the blood.

If acidity and flatulence be in the *stomach*, or if the patient be old and weak, *Ammonia* and its preparations are to be preferred. If in the large intestines, *Magnesia* and *Chalk*. If the *urinary organs* are infested with acid products, *Potass* and *Soda* will be most suitable, specially the former.

**ANTHELMINTICS.**—Vermifuge [worm-killing] medicines are of special kinds, acting by some poisonous property of their own, as well as of a merely purgative description, acting by removing those contents of the bowels in which the worms find a lodgment.

In persons afflicted with parasites the general health must be sedulously promoted, for in persons *thoroughly* healthy the ova [eggs] are not hatched. Suitable medicines should be continued for several weeks *after* the expulsion of worms, for the ova lie long dormant in many cases.

*Küchenmeister* has proved that worms are generally developed in man from ova eaten in the flesh of the lower animals. Hence the rule (for the predisposed), to have food well cooked, and *never* to take any of the flesh of the pig.

*Nervous Affections* caused by worms are best treated, *Neligan* says, by the cold salt-water shower bath, and the *Valerianate of Zinc*, in doses  $\frac{1}{2}$  to 1 grain, twice or three times a day.

**ANTISPASMODICS.**—*Spasm* has to be treated according to its *cause*; hence an emetic, purgative, narcotic, or any other kind of drug may become an antispasmodic. Some medicines have, however, an independent power of allaying spasm. They are mostly of the strong-scented kinds, as assafoetida, musk, rue, valerian, camphor, &c.

**ASTRINGENTS.**—Substances which produce contraction and condensation either by local contact, or on distant parts through the circulation. The *cause* of a discharge which it may be desirable to check, may be a very different (even an opposite) condition of the system, hence the necessity of adapting the remedy to it.

Astringents may interfere with the healthy balance between secretion and excretion, they have therefore to be discontinued occasionally, and means to be used to restore such balance. Warm or cold salt-water bathing promises for this end the best result.

**CATHARTICS.**—Called *Aperients* or *Laxatives*, if gentle ; *Purgatives*, if active ; and *Hydragogue*, or *Drastic Purgatives*, if violent, and the evacuations *watery*. Of course the kind of drug must be selected according to the effect desired and the part of the digestive apparatus to be acted on.

However desirable a daily evacuation of the bowels may be, it is by no means indispensable to health ; much depends on constitution and habit. Be it remembered that the bowels can be regulated in nearly every case by attention to exercise and diet.

**CAUSTICS.**—Only mentioned to put persons on their guard against submitting to the application of them by advertising quacks, in cases of malignant growths, as Cancer, &c. Deadly work not seldom.

Mr. Higginbottom, the great patron of the treatment of sundry ailments by *Nitrate of Silver*, has just published a caution against employing some of the newly-invented forms of this substance, and urges abidance by the old form of the "stick."

**DIAPHORETICS.**—Medicines which promote perspiration, called also *Sudorifics*.

Dryness of the skin, with the increased heat and circulation of fevers, and inflammations, require relaxants, as Antimonials, Ipecacuan, and Salines. If the dryness be attended with cold skin and languid circulation, then of course those medicines must be given which stimulate and warm, Ammonia, Aromatics, &c. In either case warm drinks and clothes of flannel will be desirable, and when the perspiration is to be checked, it must be checked gradually.

It may be noted that, according to Dr. Edward Smith, certain alcoholics *diminish* exhalation by the skin.

**DIURETICS.**—An important and yet an uncertain class of remedies. They act on the kidneys, and urge them to secrete more urine. If of the saline kind, the solution should be given pretty strong ; i.e. not in much water, because the water necessary to expel them when strong will be taken (by the kidneys) from the blood, and so the system be the more unloaded. Yet when the action of the medicine has fairly begun, warm drinks should be indulged in. The skin must be kept cool.

*Alcohol* need not be admitted into the list of diuretics, seeing it has a strong tendency to disorganise the kidney, and so of course to interrupt the function of that important eliminating organ.

**EMETICS.**—"The act of vomiting excites the circulation, increases the frequency of the pulse, and, determining to the surface of the body, promotes cuticular transpiration; the urinary secretion also is frequently augmented during the operation of an emetic, and the liver stimulated to an increased discharge of bile."—*Neligan*.

When rapid action (as in case of poisoning) is wanted, *Sulphate of Zinc* is the drug to be used; when nausea and relaxation are desired, *Tartarised Antimony*; but *Ipecacuan*, in powder, is the safe and common resort. Sometimes a stimulating warm emetic may be desirable, then *Mustard* may be used.

In all affections of the head *Emetics* must be given with caution, as the act of vomiting drives blood to the brain with force.

**EMMENAGOGUES.**—As in the class *Antispasmodics*, so in this class, many medicines produce the normal discharge from the womb by benefiting the general health; yet here too, as there, some may be found possessing specific action. It is, however, no good to urge the organ to its usual action by specifics, until the general health is pretty well restored. *Amenorrhæa* (see **MENSTRUATION**) is mostly a consequence, and not a cause of illness.

**EPISPASTICS.**—Blistering being a stimulating process, care must be taken not to have recourse to it *precipitately* in acute diseases. When the end in view is the discharge, through the blistered surface, of some of the serum of the blood, the blister should be large; blistering the joints in rheumatism or gout is an exception, in these instances they should be small (the size of a shilling, say), and repeated.

The skin, in childhood, is easily acted on, and blisters need not be left on more than an hour or two; then removed, and a bit of dry rag being applied instead, the vesication will be completed under it. If it be not desired to discharge serum, leave the bladder unbroken, for no dressing can be so mild as the *natural* fluid contained in that.

**EXPECTORANTS.**—Medicines which facilitate a discharge from the bronchial tubes. A most uncertain class, consisting principally of demulcent drinks, oily mixtures, or certain odoriferous substances.

The bronchi are said by some to have a peristaltic action, similar to that of the intestines, and this action is thought to be stimulated so as to quicken the discharge of their contents.

*Alcohol*, inasmuch as it hardens and constricts, is manifestly unfit to promote expectoration; besides, now that there is proof of alcohol being exhaled (undecomposed) by the pulmonary mucous membrane, there is additional obligation to abstain from it, lest, in its passage, it irritate this already too sensitive surface.

**NARCOTICS.**—Medicines which produce sleep, which is, with most of the class, preceded by a very short stage of excitement. Their effects are very variable, being influenced by idiosyncrasy and habit. Opium is at their head.

Many persons declare they are unable to sleep unless they take some alcoholic stimulant at supper time. Their restlessness is the result of habit, and is a symptom of disordered brain. Manifestly they cannot be in good health whose brain cannot rest but under the compulsion of a drug. Life Insurance Offices know this and act accordingly.

**REFRIGERANTS.**—Acid drinks, cold or iced water, fruits, &c. These do not really reduce temperature, but seem to act on the circulation and reduce *it* somewhat, through their influence on the nerves of the stomach. Thus, in fevers and inflammations they comfort and help to quiet the whole system. Alcohol, on the contrary, irritates.

**SEDATIVES.**—Contra-stimulants. Not easily separated *in theory* from Narcotics, but *practically* a special class. Each Sedative has its own particular mode of action, as Hemlock on the nerves, Fox-glove on the heart, Carbonic Acid on the stomach, &c.

The dose has to be proportioned to the degree of excitement, and Nature's *tolerance* of the suitable drug is a very remarkable feature in the treatment of disease.

*Prussic Acid* belongs to this class, and is the strongest poison yet discovered by man.

**STIMULANTS.**—We quote a sentence or two from Neligan. "In general terms, Stimulants may be defined to be agents which produce a sudden but not permanent augmentation in the activity of the vital functions. This effect is evidently due to their operation on the circulatory and cerebro-spinal systems, both of which are excited to increased energy ———."

"Many of the remedies contained in this division are closely related to Narcotics, for example, alcohol and the ethers; the secondary effect of both of which, particularly if given in large doses, is to produce sleep and coma: this does not, however, appear to be, as with Narcotics, from any direct action on the nervous system, but either to result from exhaustion of the previously over-excited vital energy, or to be produced by the inhalation of their vapour by the lungs as it passes off from the stomach, a state resembling the anæsthesia [insensibility] caused by the vapour of chloroform or the ethers thence resulting."

The "night-cap" glass should be looked at by the aid of this explanation. In fact, to maintain that the human body is so constituted as that it cannot take its proper rest and do its necessary and righteous work without the aid of alcoholic stimulants—nay, further, that it cannot do more and better work without them than with them—is a gross libel on the wisdom, power, and goodness of the Creator.

**TONICS.**—"Medicines, the continued administration of which, in debilitated and relaxed conditions of the body, imparts strength and vigor without producing any sudden excitement."

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### TABLE OF DOSES.

•• The quantities specified are for an Adult. The doses for younger patients may be reckoned thus: under 1 year, one-sixteenth to one-twelfth; from 1 to 2 years, one-eighth; from 2 to 3 years, one-sixth; from 3 to 4 years, one-fourth; from 4 to 7 years, one-third; from 7 to 14 years, one-half; from 14 to 20 years, two-thirds; above 20 years, full dose.

|                         |                                               |                                         |                                    |
|-------------------------|-----------------------------------------------|-----------------------------------------|------------------------------------|
| Acid Citric .....       | 20 to 60 grains                               | Lenitive Electuary ....                 | $\frac{1}{2}$ — $\frac{1}{2}$ oz.  |
| Gallic .....            | 3—10 "                                        | Liquor of Acetate of }<br>Ammonia ..... | $\frac{1}{2}$ —2 "                 |
| Muriatic Dilute ..      | 30—60 drops                                   | Arsenic ..                              | 3—8 drops                          |
| Nitric Dilute ....      | 30—60 "                                       | Opium .....                             | 10—25 "                            |
| Sulphuric Dilute ..     | 10—40 "                                       | Potass ....                             | 10—60 "                            |
| Tannic .....            | $\frac{1}{2}$ —2 grains                       |                                         |                                    |
| Tartaric .....          | 10—30 "                                       | Magnesia .....                          | 15—90 grains                       |
| Aloes Barbadoes ....    | 2—5 "                                         | Mercury with Chalk ....                 | 3—10 "                             |
| Socotrine .....         | 3—15 "                                        | Morphia .....                           | $\frac{1}{2}$ —1 "                 |
| Ammonia Sesquicarbonate | 5—20 "                                        | Musk .....                              | 5—20 "                             |
| Antimony Tartarized }   | $\frac{1}{2}$ —1 "                            | Mustard (emetic) .....                  | $\frac{1}{2}$ —1 oz.               |
| diaphoretic }           | $\frac{1}{2}$ — $\frac{1}{2}$ "               | Myrrh .....                             | 10—30 grains                       |
| emetic .....            | 2—5 "                                         |                                         |                                    |
| Bismuth Trisnitrate ..  | 5—30 "                                        | Opium .....                             | $\frac{1}{2}$ —3 "                 |
|                         |                                               | Oxymel of Squill .....                  | 1—2 drams                          |
| Calomel antiphlogistic  | 1—3 "                                         |                                         |                                    |
| purgative ....          | 5—8 "                                         | Pill of Camboe Compound                 | 5—15 grains                        |
| Calumba .....           | 10—30 "                                       | Colocynth Compound                      | 5—15 "                             |
| Camboe .....            | 2—5 "                                         | of Mercury vulgo }                      | 3—10 "                             |
| Camphor .....           | 3—10 "                                        | Blue Pill }                             |                                    |
| Castor Oil .....        | $\frac{1}{2}$ —2 oz.                          | Rhubarb Compound                        | 5—20 "                             |
| Catechu .....           | 5—40 grains                                   | Potass Acetate .....                    | 10—60 "                            |
| Chalk prepared .....    | 10—90 "                                       | Bicarbonate ....                        | 10—30 "                            |
| Chloroform .....        | 5—40 drops                                    | Nitrate .....                           | 10—60 "                            |
| Cinnamon .....          | 10—60 grains                                  | Powder Aromatic .....                   | 10—60 "                            |
| Creasote .....          | 1—5 drops                                     | of Chalk Compound                       | 10—30 "                            |
|                         |                                               | Ipecacuan Com-<br>pound vulgo }         | 5—15 "                             |
| Decoction of Aloes .... | $\frac{1}{2}$ —1 $\frac{1}{2}$ table<br>spoon | Dover's Powder }                        |                                    |
| Ether Sulphuric .....   | 30—120 drops                                  | Quinine .....                           | 1—5 "                              |
| Essential Oils .....    | 10—30 "                                       |                                         |                                    |
| Extract of Chamomile    | 10—30 grains                                  | Rhubarb (powder) ....                   | 20—40 "                            |
| Colchicum ..            | 1—3 "                                         |                                         |                                    |
| Colocynth ..            | 5—15 "                                        | Salts Epsom .....                       | $\frac{1}{2}$ —1 $\frac{1}{2}$ oz. |
| Dandelion ..            | 5—30 "                                        | Glauber's .....                         | $\frac{1}{2}$ —1 "                 |
| Gentian ....            | 5—30 "                                        | Senna (infused) .....                   | $\frac{1}{2}$ — $\frac{1}{2}$ "    |
| Hemlock ....            | 2—5 "                                         | Soda Carbonate .....                    | 10—40 grains                       |
| Henbane ....            | 5—15 "                                        |                                         |                                    |
| Lettuce .....           | 20—60 "                                       | Strychnine .....                        | $\frac{1}{2}$ — $\frac{1}{2}$ "    |
| Logwood .....           | 10—30 "                                       | Sugar of Lead .....                     | 2—10 "                             |
| Nightshade ..           | 1—3 "                                         | Sulphur .....                           | $\frac{1}{2}$ — $\frac{1}{2}$ oz.  |
| Sarsaparilla ..         | 10—40 "                                       | Milk of .....                           | $\frac{1}{2}$ — $\frac{1}{2}$ "    |
|                         |                                               |                                         |                                    |
| Foxglove (powder) ....  | 1—5 "                                         | Tannin .....                            | $\frac{1}{2}$ —2 grains            |
| Galls (powder) .....    | 5—20 "                                        | Tartar Cream of ....                    | grs. 20— $\frac{1}{2}$ oz.         |
| Guaiacum (resin) .....  | 10—30 "                                       | Turpentine Rectified }                  | dps. 10— $\frac{1}{2}$ oz.         |
|                         |                                               | Spirit of }                             |                                    |
| Ipecacuan (emetic) .... | 15—30 "                                       |                                         |                                    |
| (expectorant) ..        | $\frac{1}{2}$ —2 "                            | Uva Ursi .....                          | 20—60 grains                       |
| Iron Ammonio-citrate .. | 5—10 "                                        |                                         |                                    |
| Carbonate ....          | 20— $\frac{1}{2}$ oz.                         | Valerian .....                          | 30—60 "                            |
| Iodide .....            | 1— $\frac{1}{2}$ grains                       | Veratria .....                          | 20—10 "                            |
| Sulphate .....          | 1—5 "                                         | Vinegar .....                           | $\frac{1}{2}$ —1 oz.               |
| Valerianate .....       | $\frac{1}{2}$ —1 "                            |                                         |                                    |
| Jalap .....             | 10—30 "                                       | Zinc Oxide of .....                     | 1—2 grains                         |
|                         |                                               | Sulphate of                             |                                    |
| Kino .....              | 5—30 "                                        | (Tonic) .....                           | 1—2 grains                         |
| Kouasso .....           | $\frac{1}{2}$ —1 oz.                          | (Emetic) .....                          | 15—30 "                            |
|                         |                                               | Valerianate of .....                    | $\frac{1}{2}$ —1 "                 |



## PRESCRIPTIONS.

WE copy from *Neligan* a few of the rarer forms, which may not be accessible to the general reader.

## ASTRINGENTS.

Sulphate of Iron, Bicarbonate of Potass, each 30 grains, Mucilage to make a mass for twelve pills. Take one pill three times a day. Excellent in Leucorrhœa.

Compound Powder of Kino, Compound Powder of Chalk, each 15 grains, to be made into a bolus with Syrup of Ginger. To be taken every six hours in diarrhœa, in the old and infirm.

Acetate of Lead, Foxglove, each 6 grains, Opium in powder 3 grains; Confection of Roses 12 grains. Mix and divide into 6 pills. Take one every 2, 4, 6, or 8 hours, in active hemorrhages.

Acetate of Lead 10 grains, Compound Pill of Soap 5 grains. Mix and divide into 3 pills. Take one every 3 or 4 hours, in autumnal cholera.

Tannic Acid 12 grains, Confection of Roses 32 grains. Mix and divide into 12 pills. Take one every 4 hours in the sweating and diarrhœa of consumption.

## CATHARTICS.

Compound Colocynth Pill, Soap of Jalap, each 60 grains. Mix and divide into 24 pills. Take two when necessary. This is a good pill for common use.

The *gouty* or *rheumatic* may proceed thus, twice or thrice a week: Acetic Extract of Colchicum 12 grains, Pill of Mercury 30 grains, Extract of Henbane 18 grains. Mix and divide into 12 pills. Take 2 pills at bedtime, and the morning after take the following draught:

Juice of Colchicum 10 drops, Carbonate of Magnesia 12 grains, Cinnamon Powder 5 grains, Water  $1\frac{1}{2}$  oz., to form a draught.

Sulphate of Manganese  $\frac{1}{2}$  oz., Dilute Sulphuric Acid 8 drops, Infusion of Senna 2 oz. Mix for one draught; in indigestion, with deficient bile.

Cream of Tartar  $\frac{1}{2}$  oz., Jalap 30 grains, Confection of Senna  $1\frac{1}{2}$  oz., Fluid Extract of Senna  $\frac{1}{2}$  oz. Mix. Take as large as a nutmeg twice or three times a day. For piles.

## DIAPHORETIC.

Compound Powder of Ipecacuan 10 grains, Nitrate of Potass and Aromatic Powder each 15 grains. Mix. A useful "sweat" if taken in warm water at bed time, with a basin of gruel or of herb tea.

## EMMENAGOGUE.

Sulphate of Iron 20 grains, Pill of Rufus 60 grains, Oil of Rue 10 drops. Mix and divide into 24 pills. Take one three times a day. For chlorosis.

## NARCOTICS.

Sulphate of Morphia 5 grains, Extract of Liquorice 40 grains. Divide into 20 pills; take 1, 2, 3, or 4 at bedtime.

Extract of Stramonium 4 grains, Extract of Henbane 12 grains, Extract of Lupuline 60 grains. Mix and divide into 24 pills; take one or two every four hours, when in pain. For nervous affections and other painful chronic diseases.

## SEDATIVES.

Creasote 2 drops, Mucilage  $\frac{1}{4}$  oz., Oil of Nutmeg 3 drops, Water  $1\frac{1}{2}$  oz. Mix for one draught. To be taken every two hours in obstinate vomitings.

Pyroxylic Spirit [Medicinal Naptha] 60 drops, Syrup of Vinegar  $1\frac{1}{2}$  oz., Water  $4\frac{1}{2}$  oz. Mix. Take a sixth part three or four times a day. In the cough and hectic of consumption.

## STIMULANTS.

Ether (sulphuric) 60 drops, Spermaceti 3 grains, rub together, and add Mint-water 1 oz. for a draught. In nervous headache, fainting, &c. May be repeated to two or three times, with an interval of two to four hours.

Camphor reduced  $\frac{1}{4}$  oz., Fresh Milk 6 oz., Mint Water 2 oz. Mix. Take  $\frac{1}{2}$  oz. every four hours, in fevers, or in the Bronchitis of age and debility.

Cod Liver Oil 4 oz., Liquor of Carbonate of Potass  $\frac{1}{2}$  oz., Oil of Lemon  $\frac{1}{4}$  oz., Essence of Carraway  $\frac{1}{4}$  oz., Carraway Water 3 oz. Mix. Take one tablespoonful twice or three times a day. A nice form when the oil is repulsive.

Strychnine 2 grains, Dilute Sulphuric Acid 5 drops, Camphor Water 12 oz. Mix. A special stimulant in paralytic and other nervous affections. Dose (with care)  $\frac{1}{2}$  oz. three times a day.

#### TONICS.

Cetraric Acid 24 grains, Extract of Calumba 30 grains. Mix and divide into 12 pills. Take one pill every four hours, for two or three days in the intermissions of ague or other fever.

Muriate of Quinine 12 grains, Dilute Muriatic Acid 12 drops, Syrup of Orange Flowers 1 oz., Water 7 oz. Mix. One or two tablespoonfuls three times a day.

Subnitrate of Bismuth and Compound Pill of Colocynth, each 60 grains. Mix and divide into 30 pills. Take two before breakfast and dinner. In heartburn or pain in the stomach, without organic disease.

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As this book is the first of its kind, the Author solicits additional reports of cases of recovery without alcohol; and also any suggestions for improvement, should another edition be demanded.

*Bodmin, Cornwall, Sept. 1st, 1863.*

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